letters@metro.us

NYC'S #1 FREE DAILY NEWSPAPER

WE'VE TOTALLY GOT A WOODY! {page 26}

metro®

Max 70°
Min 40°

NEW YORK
Monday, October 15, 2012

TAX LAW
The Law Offices Of
Donald G. Koch

LATE FILING YOUR TAX RETURNS?

We have been representing clients before the IRS and state tax authorities for over 30 years.

TAX IS WHAT WE DO!
FREE CONSULTATION
26 Broadway, NY, NY
212.425.4TAX
www.kochnyc.com

If you can make it here ... you'd better be rich

The MTA is flirting with a $125 monthly unlimited subway pass ◐ But that's not the only thing hurting New Yorkers' wallets these days ◐ Nearly half of all city dwellers say their cash flow was better four years ago {page 02}

ELSA/GETTY IMAGES

Yankees. ALCS

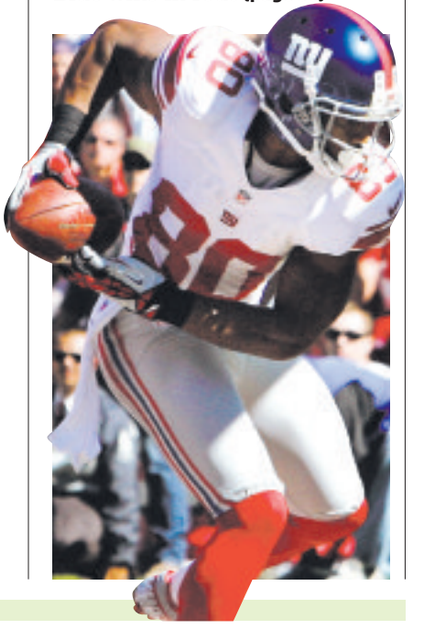
▶ Mark Teixeira is hunched over in dejection at first base as the Tigers scored two insurance runs in the eighth inning of yesterday's loss. {page 35}

Yankees fall in 0-2 hole, heading to Detroit tomorrow

NFL

Well, that was much easier than last time

◐ Giants get better of 49ers in NFC title rematch ◐ Big Blue wins in rout {page 36}



Feeling the squeeze

Just how high can a monthly MTA pass go? We'll find out today But a pricier subway ride is only the latest hit for cash-starved New Yorkers Gas, milk and coffee all costing more while median income stagnates

Today, the MTA may likely announce that the price of a monthly unlimited Metrocard could jump to as high as $125, a stomach-churning amount for many New Yorkers.

And that's just the latest thing in this city that's become outrageously expensive. The price of cocktails, cigarettes and even just a simple cup of coffee have all skyrocketed.

"New York just keeps getting more and more expensive," said Jonathan Bowles, director of Manhattan's Center for an Urban Future.

Bowles said even as people lost jobs during the recession, costs kept steadily marching onwards.

"It's not like rents haven't kept rising," he said. "Transportation costs, Metrocards [and] gas prices have continued to go up."

A Siena poll released Friday revealed that New Yorkers are pretty bleak about their finances, with 40 percent saying their monthly income is not keeping up with their monthly expenses compared to 2008. Just 26 percent said their cash flow is now better.

And 47 percent of New Yorkers said they are not better off now than they were four years ago. About 35 percent said they are better off now.

But don't try to drown your sorrows. Booze is more expensive than ever, with places like Butter in the East Village boasting a fleet of $15 drinks. Other cocktails can easily top $20 elsewhere in the city.

One thing not increasing? The median yearly income, which is stalled at about $50K.

ALISON BOWEN
alison.bowen@metro.us

GETTY PHOTO

▶ Coffee is more expensive here in New York than anywhere else in the nation, a study found.

By the numbers

Here's what's gone up in the urban Northeast, according to recent data from the U.S. Bureau of Labor Statistics:

$3.80

The average price of gas edged up since August 2009 — when it was $2.72 per gallon — to $3.80 per gallon in August 2012.

$3.57

Milk prices increased from $3.07 a gallon in October 2009 to $3.57 in October 2011, the most recent U.S. Bureau of Labor Statistics data available.

Alcohol adds up

Even a Manhattan bartender said she's sometimes surprised by drink tabs. Michelle Milton bartends at Neely's Barbecue Parlor on the Upper East Side, where she said prices remain low. But in other spots, she's noticed prices inch up. Or, she added, "I've been to places where you pay $12 [or] $13 for a Grey Goose, and you get like an ounce and a half. That's a lot of money for what you're getting."

Relentless rent

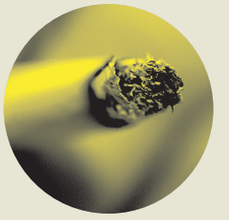
Meanwhile, rent checks keep climbing. An average apartment in Manhattan shot up 27 percent from July 2002 to July 2012 — average rents went from $2,544 to $3,461 — according to City Habitats.

$3,461

Average rent in New York City today

Coffee buzzkill

Earlier this year, Starbucks raised the prices of its tall regular coffee in Manhattan from $1.91 to $2.01, the totals after New York City taxes. A study done by Business Insider found that coffee is more expensive in New York City than any other city. Someone who drinks a tall cup of coffee daily for one year in Los Angeles would spend $131.40 less than one living, and drinking coffee, here in Manhattan.



Pricey puffs

Cigarettes can now cost up to $13 a pack, compared to 2009, when they topped $9 after the city tacked on a 62-cent tax.

"There's been less and less room for error. New York is such an unforgiving place." BOWLES

In the news

Queens woman hit, killed by bus in Jamaica

A Nassau Inter-County Express bus struck and killed a 54-year-old woman Saturday evening as she attempted to cross Merrick Boulevard in Jamaica Hills, Queens. The victim, identified by the Daily News as Maleka Begum, was pronounced dead after emergency responders found her unconscious and unresponsive. Police say no criminality is suspected. METRO/JG

In the news

Severed animal paws discovered in Central Park

The discovery of two severed animal paws in Central Park has spawned an ASPCA probe. The New York Post reported that the animal paws were found last week in the northern section of the park. They resemble dog paws and may have been part of a ritualistic ceremony. METRO/JG

In the news

Candidates head to Long Island for second debate

STAN HONDA/AFP/GETTYIMAGES

HEMPSTEAD, N.Y. President Barack Obama was widely panned for his performance at the first presidential debate in Denver last week. But tomorrow, he'll have a chance to redeem himself — in New York City's own backyard.

With the pressure on, Obama heads to Hofstra University in the town of Hempstead, L.I., to once again duke it out with former Massachusetts Gov. Mitt Romney. Air Force One is expected to arrive at JFK around 1 p.m. tomorrow and the town-hall format debate, to be moderated by CNN Chief Political Correspondent Candy Crowley, will begin at 9 p.m.

A third and final presidential debate will take place Oct. 22 in Florida. METRO/JG

Queens teen convicted of Backpage.com rape

A teenager faces up to 25 years in prison after being convicted of raping a woman he met through the classified advertising website Backpage.com, the Queens District Attorney's office announced Friday. The defendant, Dominicio Fuhrtz, now 19, allegedly lured his victim to a vacant house in St. Albans, Queens, in May 2010 and then raped her at gunpoint. The teen's sentencing is scheduled for Oct. 29. METRO/JG

Leaders don't always fit the mold.

Neither should your degree.

The Online MS in Business Management and Leadership

Designed to meet the needs of your busy schedule through online study, our innovative degree program gives you the necessary skills to stand out in this dynamic economy.

The Online MS in Business Management and Leadership offers you the education you need at the cost you want, with in-state tuition for *all* students.

Learn More at www.sps.cuny.edu/businessleader or 212.652.CUNY (2869).

CUNY School of Professional Studies
The City University of New York

INFO SESSION:
Tuesday, October 16th at 6:00pm

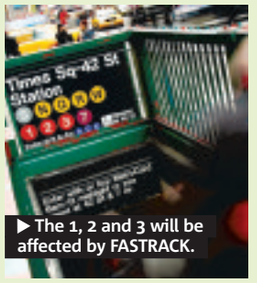
CUNY GRAD CENTER
365 Fifth Avenue at 34th Street, Room C-197

News in brief

Shutdowns this week on 1, 2 and 3 trains

NEW YORK. Late-night and early-morning commuters who use the 1, 2 and 3 subway lines should brace for a difficult week, starting this evening.

For four consecutive weeknights starting today, the 1 and 2 lines will be shut down from 34th Street-Penn Station to South Ferry and Atlantic Avenue-Barclays Center, respectively.



▶ The 1, 2 and 3 will be affected by FASTRACK.

Service on the 3 line will be suspended entirely.

Free shuttle buses will operate at the 148th, 145th and 135th Street stations for the No. 3 line. The MTA will also be running the 42nd Street S shuttle throughout the night.

The shutdowns, which are part of the MTA's FASTRACK repair program, take place from 10 p.m. to 5 a.m. Under FASTRACK, the MTA shuts down large swaths of subway lines, which they say enables them to get track work done faster and more efficiently than shutting down small segments of lines.

Next week, FASTRACK repairs will take place on the A, C and E lines. METRO/JG

We are relocating our warehouse!
And to facilitate the move,
we are placing all of our
"in stock" furniture, kitchen,
bath and accessory items on sale
at unprecedented discounts.
Here's a great and very rare
opportunity for you to save.
First come, first served.

Brooklyn Army Terminal
140 58th Street
Building A – Unit 6L – 6th Floor
Brooklyn, NY 11210
Phone: 718-765-4161

Friday October 19th: 10am – 6pm
Saturday October 20th: 11am – 5pm
Sunday October 21st: 11am – 5pm

Boffi porro LIVING DIVANI

Jealous ex kills two at Bronx hotel, police say

Married reggae musician flew to NYC for illicit rendezvous But woman's ex-boyfriend was waiting

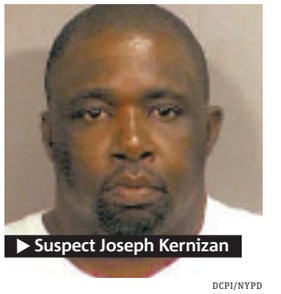
A lover's quarrel turned deadly early Saturday when a reggae musician and his apparent mistress were gunned down in the parking lot of a Bronx hotel.

Cops responding to a call of shots fired outside the Holiday Motel, located on a service road of the New England Thruway in the Eastchester section of the Bronx, found Wayne Hamilton, 50, and Tracy Bennett, 38, dead at the scene.

The NYPD later identified the suspect as 42-year-old Joseph Kernizan, who is reportedly Bennett's ex-boyfriend.

Hamilton, a Milwaukee reggae musician who performed under the stage name Captain Barkey, had arrived in the city that night, according to the New York Post.

He and Bennett soon checked in to the Holiday Motel. But Kernizan was allegedly waiting for them in the parking lot when they emerged at about 3:15 a.m. Saturday, police said.


▶ Suspect Joseph Kernizan

DCPI/NYPD

Kernizan turned his gun on Bennett, who was begging for her life, after shooting a fleeing Hamilton, witnesses told the Post.

"Please, no!" Bennett reportedly cried.

Though Hamilton was married with kids in Milwaukee, he had been dating Long Island resident Bennett for about two years, another musician told the Post.

JESSE GREENSPAN
letters@metro.us

Adopt a pet. ASPCA

▶ To adopt Julie, stop by ASPCA headquarters at 424 E. 92nd Street, visit Adoptaspca.org or call 212-876-7700, ext. 4120.

ASPCA

Julie is a 6-month-old puppy, a pit bull mix who has a lot of personality behind her beautiful face. She is super friendly and loves everyone she meets. Those big ears aren't just adorable: This smart girl is a great listener and already knows some training tricks. Julie is spayed and up-to-date on all vaccinations, too.

Frequent BATHROOM TRIPS?

Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON* ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

Blood Pressure Formulation

#26

Dr. C. Hammoud M.H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

#60

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. * This makes sense. Usually you can see how it benefits your skin within days. * Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**

SNORING?

#23

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ ***AVAILABLE IN MANHATTAN:*** **New Life Nutritional Centre** 714 W. 181 St. **Cash Rx Plus** 746 10th Ave. @ W 51st St **Cordette Drugs** 55 W 39th St @ 6th Ave . **Cross County Pharmacy** 1514 Madison Ave. @ 103rd **Food For Health** 1653 3rd Ave.**New London Pharmacy** 246 8th Ave@ 23rd St. **A Matter of Health** 1478 1st Ave. @ E 77th St. **Ajanta Pharmacy** 2718 8th Ave. @ 145th St **Arrow Pharmacy** 883 9th Ave. @ 57th St. **Blake Pharmacy** 1868 3rd Ave. @ 103rd St. **Bliss Pharmacy** 1590 Madison Ave. @ 107th St. **C & C Nutrition** 561 W 179th St. @ St.Nicholas Ave. **Dile Punab Deli** 170 9th ave @20th @21st ST. **Harlem RX Pharmacy** 102W. 116TH St. **Health IS Wealth** 184 7th Ave. **Earth Matters** 177 Ludlow St. @ Houston St **Elm Health** 1695 1st Ave. @ E 88th St.**Metro Drugs** 7 West 14th St. near 5th Ave. **Metro Drugs** 931 Lexington Ave. @ 68th St. **#92 Pharmacy** 1938 2nd Ave @ E. 100th St. **VLV Med Pharmacy** 4085 Broadway St. **Earth Matters** 177 Ludlow St. @ Houston St. **Gary Null"s Uptown Whole Foods** 2421 Broadway St. **Health Harvest** 820 2nd Ave. **Natural Green Market** 162 3rd Ave. **Pro Health Pharmacy** 385 2nd Ave. **Pro Health Pharmacy** 370 Lexington Ave.

■ ***AVAILABLE IN ALL BOROUGHS OF NEW YORK CITY CALL US FOR FUTHER INFORMATION:***

BELL

In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H $9.95.

www.BellLifestyle.com 1-800-333-7995

Bell uses the power of nature to help put life back into your lifestyle

NYPD busts two illegal gun-trafficking crews

100 illegal and dangerous weapons, including an AK-47 assault rifle, taken off city's streets ◗ Guns sold through two street crews in Harlem

PHOTOS BY CASSANDRA GARRISON/METRO

▶ Mayor Michael Bloomberg and Police Commissioner Ray Kelly inspect an assault rifle that was sold to undercover officers.

The faint scent of metal filled the air as New York City Police Commissioner Ray Kelly showed off 100 illegal guns seized by the NYPD in an undercover operation that nabbed members of two weapons-trafficking rings.

Joined by Mayor Michael Bloomberg and Manhattan District Attorney Cyrus Vance, Kelly announced Friday that 16 members of two trafficking networks were indicted on gun-related charges. Police arrested 13 of those suspects in East Harlem, while the others are still at large, Kelly said.

The defendants are accused of selling illegal weapons, likely brought into the five boroughs from pawn shops in South Carolina, and selling 129 of them to undercover cops posing as buyers. Those guns ranged from an AK-47 assault rifle that sold for $1,600 to a 32-caliber revolver that sold for $400.

"This investigation illustrates both the problem of illegal guns being purchased in other states and brought here illegally, and the skill and dedication of the NYPD officers who take the guns off the street, often at great risk to themselves."
MAYOR MICHAEL BLOOMBERG

Friday's mass arrest was the result of two investigations. In an operation called "Mickey Mouse Trap," undercover cops spent months trying to purchase illegal weapons from 64-year-old career criminal Mitchell "Mickey" Collins. Along with three other suspects, Collins sold undercover officers 88 guns, according to Kelly.

"Getting close to the wily Mickey Collins was no easy matter," Kelly said. "It's unusual to see individuals as old as Mickey Collins still engaged in criminal activity. Regrettably, it's not unusual for young men to get involved in violent street crews."

The other investigation, "Operation Carver," targeted street crews who live in or near East Harlem's Carver Houses. The suspects, all between 17 and 23 years old, belong to crews known as the East River Army, Six-Net, Who-a-Day and the Total Money Gang. Kelly said undercover cops purchased 41 guns and a bulletproof vest from crew members.

▶ The seized 100 guns are displayed.

A warning to NY's young men

Kelly also issued a warning to other young men who are caught up in illegal gun sales.

"It's difficult, demanding, dangerous work, but it has to be done," Kelly said of the investigations. "So, our message is clear — don't get involved. We are coming after you."

CASSANDRA GARRISON
cassandra.garrison@metro.us

Business Checking that works for you.

Free Business Checking
- No monthly maintenance fees
- No minimum balance required

Free 8GB Touchscreen Tablet with an opening deposit of $10,000 or more[1]

Plus, get up to $100 when you open a new business checking account[2]

Open a Flushing Bank Free Business Checking account today!
When you open a new Free Business Checking account with $10,000 or more, you'll receive an 8GB Touchscreen Tablet.[1]
For more information visit your local Flushing Bank branch, call 800.581.2889 or go to www.FlushingBank.com.

FLUSHING Commercial ▪ Business ▪ Consumer Bank®

1 New account with new money only. For purposes of the promotion, a new business checking customer is defined as any new business checking account that does not have any authorized signatures in common with any other existing Flushing Bank checking account(s). You must deposit a minimum of $100 to open this account. No minimum balance is required to avoid a monthly maintenance fee. New Free Business Checking account customers will receive an ARCHOS™ 80 g9 8GB tablet for an opening balance of $10,000 or more. Valid business documentation must be provided at the time of account opening. The cost of the promotional item of $289 (including sales tax and delivery charge) will be reported as interest income in the form of a 1099. The new account must remain open, active and in good standing for six months. If the account is closed prior to six months, the cost of the promotional item will be deducted from the balance. Flushing Bank reserves the right to make promotional item substitutions of comparable value and assumes no liability for any defects in, or direct or consequential damages relating to promotional items. The warranty is the sole responsibility of the manufacturer. ARCHOS™ is not affiliated with, or sponsor of, this promotion. Other fees and restrictions may apply. Speak with a Flushing Bank representative for more information about minimum balance requirements and certain fees that may apply to the business checking account. The promotion and offers are subject to change and termination without prior notice at any time. 2 New account with new money only. A new business checking account is defined as any new business checking account that does not have any authorized signatures in common with any other existing Flushing Bank business checking account(s). An existing checking customer is defined as anyone who currently has or has had a Flushing Bank checking account within the last 24 months. New money is defined as money not currently on deposit with Flushing Bank. You must deposit a minimum of $100 to open a business checking account. You will receive $50 for the completion of 5 debit card purchases. And $50 for the completion of 5 online banking bill-payments via Flushing Bank's Online Banking portal. Each debit card purchase and each online bill-payment must be $25 or more and must be completed prior to 60 days after the account is opened. The compensation will be credited to the checking account on or about 75 days after the account is opened. The offer is subject to change and early termination without prior notice at any time. A 1099 will be issued in the amount credited to your account. Other fees and restrictions may apply. Speak with a branch representative for more information.

Flushing Bank is a trade name of Flushing Savings Bank, FSB. MEMBER FDIC EQUAL HOUSING LENDER

.info

Weeknight Service Changes

1 2 3

October 15 through 19
10PM to 5AM

No trains in both directions between 34 St-Penn Station and:

- South Ferry 1 station
- Atlantic Av-Barclays Ctr 2 3 station

A C E 4 5 trains provide alternate service.

- A C E along 8 Avenue
- 4 5 in Brooklyn and Lower Manhattan

3 service is suspended.

Free shuttle buses run to/from 3 stations at 148 St, 145 St, and 135 St.

Our FASTRACK subway maintenance program continues

Visit mta.info for the complete 2012 FASTRACK schedule of service changes for all corridors.

Stay Informed

We understand the inconvenience this may cause you and we will do everything possible to help you get to your destination safely and easily. For updated information on this and other upcoming FASTRACK work, look for station posters, visit mta.info to sign up for free email or text message alerts, or call 511.

FASTRACK

2012 Metropolitan Transportation Authority

In the news

Federal Reserve flirting with higher inflation

Risking the wrath of politicians and the central bank's hard-won reputation for keeping prices stable, three top Fed officials are touting plans for boosting employment that explicitly allow for inflation to run above the Fed's 2.0-percent goal.

Investors are wondering just how high — and for how long — the Fed may allow inflation to rise to encourage borrowing, investment and hiring. In theory, more people working means higher output, which should narrow the gap between what American workers are currently producing and their potential. **REUTERS**

Former Senator Arlen Specter, 82, dies of cancer

GETTY IMAGES

▶ Specter

Arlen Specter, a gruff, independent-minded moderate who spent three decades in the U.S. Senate but was spurned by Pennsylvania voters after switching in 2009 from Republican to Democrat, died yesterday of cancer, his family said. He was 82.

Specter had announced in August a recurrence of non-Hodgkin lymphoma, cancer of the lymphatic system. His son Shanin Specter confirmed his death in Philadelphia.

Resilient, smart and aggressive, the former prosecutor frequently riled conservatives and liberals on his way to becoming Pennsylvania's longest-serving U.S. senator. He was elected to five six-year terms starting in 1980. He left the Republican Party because he said it had become too conservative. **REUTERS**

Ecomonic distress 3.0 looms as emerging world markets falter

The global economy is facing its third major brake on expansion in five years as emerging markets slow from China to Brazil, provoking debate about how much policy makers should respond.

Three years after industrializing nations led the world out of the U.S. mortgage meltdown-induced recession, the reliability of the power source is waning as Europe's debt crisis persists. The International Monetary Fund sees them growing an average 5.8 percent in the half-decade through 2016, almost two percentage points less than the five years before the 2009 slump.

"There is a concern that in the near term the engine of growth that provided such a great support seems to be slowing. ... They still continue to grow, but we're seeing a slower pace than anticipated all over the world."

JACOB FRENKEL, CHAIRMAN OF JPMORGAN CHASE INTERNATIONAL AND FISCHER'S PREDECESSOR

GETTY IMAGES

▶ IMF Managing Director Christine Lagarde (L) and World Bank Group President Jim Yong Kim speak during a press conference.

Finance chiefs at IMF and World Bank annual meetings left Tokyo over the weekend at odds over how to address the issue, with South Korea's central bank chief urging Asia to add stimulus as Russia and Brazil called on rich nations to fix their own challenges. **BLOOMBERG**

Europe's steps

The IMF meetings ended Saturday with both expressions of optimism that Europe now has a policy infrastructure to quell its turmoil, and a clash between Germany and the fund over what lies next for cash-strapped nations such as Greece.

Developed economies including Switzerland and Japan joined Brazil in sounding the alert on excess currency strength, while delegates disagreed over the right degree of budget austerity as they pushed the U.S. to avoid tumbling over its fiscal cliff.

"Ministers discussed a short-term response for the global economy, but their opinions weren't harmonized in one direction," South Korean Finance Minister Bahk Jae Wan told reporters in Tokyo. **BLOOMBERG**

ALL YOU NEED ARE LUNGS TO GET LUNG CANCER

有肺部的人,都有可能會患罹癌症

폐가 있는 모든 사람이 폐암에 걸릴 수 있읍니다

肺があれば, 肺がんになる可能性があります

BUS LUNGS CHAIHAE, LUNG CANCER KE LIYE

KAILANGAN MO LANG NG MGA BAGA PARA MAGKAROON NG KANSER SA BAGA

BREATHE DEEP

NYC

3K WALK

TO STOP LUNG CANCER

Battery Park
New York, NY

Sunday, October 21, 2012

FOR MORE INFORMATION, VISIT:
www.lungevity.org/nycwalk

ADVERTISEMENT

After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

If you or a loved one are scheduled for knee surgery,

READ THIS ARTICLE BEFORE IT'S TOO LATE!

According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

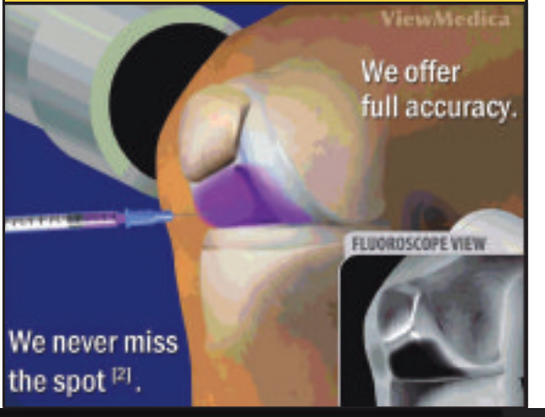
Why do knee injections often fail?

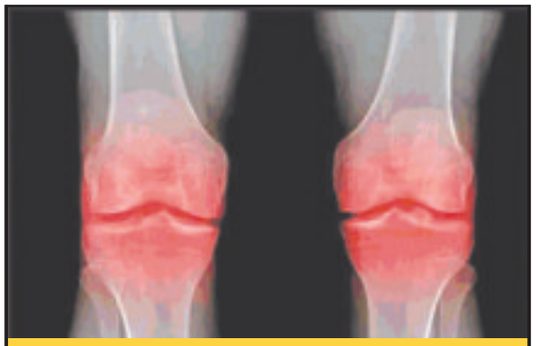
What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance).
2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. [1]With this much inaccuracy, **it's no wonder most people never find relief.**





Our solution...
Our office uses Hyalgan®

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?
Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most insurances will cover this treatment*.
We work with Medicare: GHI PPO

CIGNA PPO · BlueCross BlueShield PPO · UnitedHealthcare PPO · Aetna PPO

Affordable payment plans available to fit all budgets.
Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

212-679-6490

To view videos about our procedures visit:
General1Medical.com

Accessible by: 1 2 3 4 5 6 A C E J Z
130 William St., Ste. 903, btw Fulton & John St. - NYC 10038

Your company insurance changed again?

Another reason to call.

You want an outstanding doctor and we can connect you with one who's right for you. Whether near your home or office, doctors affiliated with Continuum Health Partners hospitals – Beth Israel Medical Center, Beth Israel Brooklyn, Roosevelt Hospital, St. Luke's Hospital, New York Eye & Ear Infirmary – are conveniently located throughout Manhattan and Brooklyn. Our doctors participate in all major insurance plans.

Need a great doctor?
Call 866.811.7225.

www.chpnyc.org

Continuum Health Partners

Beth Israel Medical Center
Beth Israel Brooklyn
Roosevelt Hospital
St. Luke's Hospital
NY Eye and Ear Infirmary

Apple may unveil new smaller iPad tablet next week, source says

Apple Inc. may unveil a smaller version of the iPad at an event Oct. 23, according to a person familiar with the matter who asked not to be named because the plans aren't public.

The new model will have a screen that's 7 inches to 8 inches diagonally, less than the current 9.7-inch version, people familiar with the designs said in July. A smaller, less expensive iPad could undercut the tablet ambitions of Google, Microsoft and Amazon.com, according to Shaw Wu, an analyst at Sterne Agee & Leach Inc.

Google's Nexus 7 tablet and some versions of Amazon's Kindle Fire with 7-inch screens cost $199. Apple will likely price the mini at $299 or $349, Wu said.

"These competitors have a tough enough time competing against the 10-inch iPad," Wu said in a telephone interview today. The lower-priced iPad model "will make the competition even tougher. It tells you how hard it is to beat Apple. These other companies have to either lose money or break even on these products."

GETTY IMAGES

▶ Since the iPad went on sale in April 2010, Apple has dominated the tablet market.

7-8

The new model will have a screen that's 7 inches to 8 inches diagonally, less than the current 9.7-inch version.

Trudy Muller, a spokeswoman for Cupertino, California-based Apple, didn't return a call seeking comment.

While the smaller iPad may hamper market entries by Google and Microsoft, it may also attract price-conscious consumers who might have otherwise bought another Apple product, such as the $299 iPod Touch or the $399 iPad 2, said Brian Marshall, an analyst at ISI Group. **BLOOMBERG**

In the news

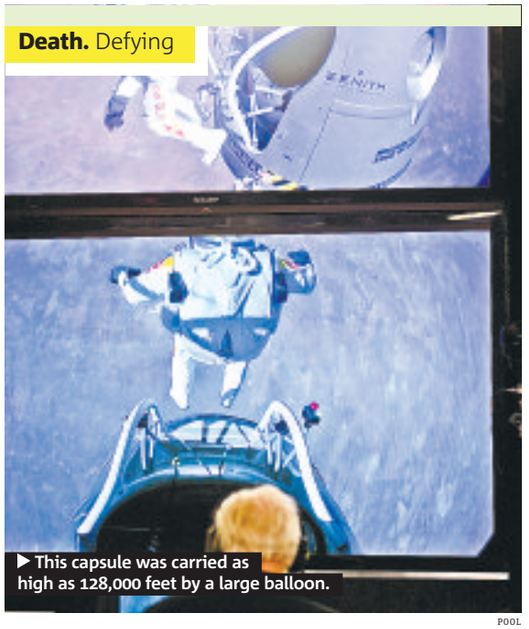
Nestle to cut sugar and salt in breakfast cereals

ORBE, SWITZERLAND. Nestle SA and General Mills Inc. will cut sugar and salt in the children's breakfast cereals they jointly market outside North America, the latest attempt by major food companies to respond to health concerns.

The two have been in a joint venture since 1990 to sell Nestle-brand cereals such as Cheerios in more than 140 countries outside the United States and Canada, markets which account for about half total global cereal sales of some $25 billion.

They say they will reformulate 20 cereal brands popular with children and teenagers by 2015, boosting whole grains and calcium and aiming for average reductions of 24 percent in sugar and 12 percent in sodium. **REUTERS**

Death. Defying



▶ This capsule was carried as high as 128,000 feet by a large balloon.

POOL

Skydiver jumps into stratosphere

A daredevil leapt into the stratosphere from a balloon hovering near the edge of space 24 miles above Earth yesterday, breaking as many as three world records — including the highest skydive ever. Felix Baumgartner jumped from a skateboard-sized shelf outside the 11-by-8-foot capsule. REUTERS

FINALLY A SOLUTION TO GET RID OF THE PAIN IN YOUR LEGS AND FEET

Patients suffering from symptoms caused by Peripheral Neuropathy

Do you suffer from any of the following symptoms?

- ***Numbness***
- ***Burning pain***
- ***Leg cramping***
- ***Pain when you walk***
- ***Sharp electrical-like pain***
- ***Difficulty sleeping from leg & foot discomfort***
- ***Prickling or tingling of the feet or hands***

If you are experiencing any of these symptoms in your feet or hands, they are likely attributed to a condition called Neuropathy. Peripheral Neuropathy is a very common condition that affects 20 million Americans and once identified, can be successfully treated. No matter how long you have dealt with the daily misery of these painful symptoms, Dr. Nick Ungaro, D.C. invites you to sit down and explore the reality of relieving your pain. Here at Better Body Solutions, we perform a treatment protocol that has proven to provide pain relief where others have failed. Live a normal life again and enjoy the little things you have missed out on.

"I was in constant pain from my neuropathy. The results have been wonderful. After just a few days, I began to notice a big difference in the way my legs felt. I started sleeping better and was able to walk down the street without any pain. I plan on telling everyone about this treatment...THANK YOU for allowing me to enjoy life again."

— Dale F.

Call now to change your life.
You can live pain free.

SPACE IS LIMITED TO THE FIRST 30 CALLERS!
Call today to schedule your Evaluation.

347-507-4833

BETTER BODY SOLUTIONS

535 5th Avenue, Suite 920, New York, N.Y. 10017

- Covered by most insurance companies including Medicare
- Treatment is Safe, Easy and requires NO surgery
- Call today if you experience any degree of pain or discomfort
- Start living your life pain free!

Disclaimer: Due to Federal Law some exclusions may apply.
Copyright © Epic Marketing 2012

In the news

Israeli air strikes kill 3 Palestinian militants in Gaza

GAZA. Israel killed three Palestinian militants in the Gaza Strip on Sunday, a day after two men identified as the most senior al Qaeda affiliates in the enclave died in an Israeli air strike as they rode a motorcycle.

In southern Gaza, a Palestinian gunman was killed and another wounded near the border with Egypt's Sinai desert, hospital officials said. The Israeli military said the two, also targeted while on a motorcycle, had been planning to fire rockets into Israel.

A second air strike in central Gaza killed two more Palestinian militants and wounded two others. **REUTERS**

Guatemala farmer finds ancient Mayan murals in his home

In a ramshackle home in Guatemala's rural highlands, farmer and odd job man Lucas Asicona made for an unlikely guardian of ancient Mayan treasures, until he decided to redo his kitchen.

When he pulled back the plaster in his colonial-era home of stone, adobe and haphazard boards, he discovered 300-year-old murals, a priceless piece of Guatemalan history.

Scenes of tall Europeans beating drums and playing flutes stare out over the one-room dwelling where his family, including five children, cooked, slept and played.

So he carefully drew back the furniture and moved his wood-burning kitchen stove outside to protect the treasured artwork, an informal curator of Guatemala's rich past.

Home murals

- Asicona is among four householders in Chajul, an Ixil Maya community some 220 miles from Guatemala City, struggling to preserve murals revealed after peeling back plaster on the walls of ancient homes. Experts believe similar murals could lie hidden in a further eight homes in the town.

"We try to keep the kids away from it and keep people from touching it," said Asicona, 38, who discovered the murals by chance in 2005 during renovation work at his home, which has been in his family for generations.

300

Age of Mayan murals found in Guatemalan farmer's home

"We try to keep the kids away from it and keep people from touching it."
LUCAS ASICONA

"The house is very humid, and some of the colors have been fading. The black has started to turn gray and some of the other colors have lost their shine, but we do what we can without any funding," he added. **REUTERS**

Politics. Imports

▶ The policies suggest the government is moving the economy onto an austerity footing to resist the sanctions, which have been imposed over Iran's nuclear program.

GETTY IMAGES

Iran to become more isolationist

Iran said it would seek to cut imports of nonessential goods and urged its citizens to reduce their use of foreign-made mobile telephones and cars, as the country struggles to cope with Western economic sanctions. REUTERS

move in now
luxury living in Rego Park, Queens
Featuring incomparable finishes and amenities like Euro-style kitchens, in unit washer/dryers and expansive viewing windows, the Contour is the new shape of luxury and ultimate style.

1 and 2 Bedrooms from $2,480

CALL TODAY!
LIMITED AVAILABILITY

Don't miss these astonishing rentals.
888.927.1202 contourapts.com

the contour
97-45 Queens Boulevard
Rego Park, NY 11374
EQUAL HOUSING OPPORTUNITY

Kings and Queens Leasing LLC. Licensed Real Estate Broker. Pricing and availability subject to change without notice.

like football, you score more with a great tight end.

Join now and get October FREE.*

NYSC
new york sports clubs®
MySportsClubs.com

RATE-LOCK GUARANTEE
Your monthly dues will never increase.

*Restrictions apply. Offer expires 10.16.12

Fee 'settlement' start of big legal battle for retailers

GETTY IMAGES

▶ A judge will weigh a big court battle between credit card companies and retailers, including Wal-Mart.

Visa, MasterCard and a group of retailers plan to ask a judge this week to approve a landmark settlement of a lawsuit over credit card fees, setting the stage for a battle with Wal-Mart and hundreds of other merchants who say it is a bad deal.

Announced in July, the $7.2 billion settlement is intended to resolve seven years of antitrust litigation between merchants and credit card companies and their banks over so-called "swipe fees" that retailers pay to process transactions.

Merchants alleged the card companies and banks worked together to inflate rates for these interchange fees.

If approved, the settlement would apply to the nearly 8 million merchants that take Visa Inc. and MasterCard Inc.'s cards.

But in the months since it was filed, a number of major retailers and trade groups have said they would rather have no deal than the one that court-appointed lawyers negotiated on their behalf. On Friday, 10 of the 19 trade groups and stores that led the litigation against the card companies said they would ask U.S. District Judge John Gleeson to reject the settlement. **REUTERS**

If approved

- The deal would be the largest federal antitrust settlement in U.S. history. In addition to a $6.05 billion payment and $1.2 billion in temporary fee reductions, the deal calls on card companies to allow merchants to charge customers extra for using certain cards. It would also release Visa and MasterCard from a wide range of antitrust claims and new lawsuits over interchange fees.

In the news

Investors turn wary as earnings picture dims

NEW YORK. Earnings season is heating up, but investors' feet are getting cold.

Central bank-fueled gains took markets within reach of five-year highs in September, but now U.S. stock market participants are shifting their focus back to corporate outlooks, and the picture is not pretty.

Early earnings reports have underlined those concerns, which may be exacerbated when dozens of major companies — including Dow components General Electric, Microsoft Corp and International Business Machines Corp. — report next week.

"Caution is definitely the operative word as Europe and China look to continue dragging on earnings," said Michael Loewengart, director of investment strategy at E-Trade Financial in New York. "The overall tone is so pessimistic that we may see some upside surprises, but we could still suffer considerable losses if the news is bad." **REUTERS**

Metro photo challenge

▶ "Glamorous Miracle Cruise" — by Tanmay Shende, N.J.

Visit **www.metrophotochallenge.com** to submit your best photos to the world's largest photo competition and you'll have the chance to get published!

SPONSORED BY J&R PARK ROW, NYC JR.COM

☑ Choose to live the life you want.

Need to Pick a *Medicaid Managed Long-Term Care* Plan?

Choose

VILLAGECAREMAX

We treat you with the respect you deserve, and we have the experience to make sure you get the services and care that you need.

VillageCareMAX is a Medicaid Managed Long-Term Care (MLTC) plan established by VillageCare, a trusted provider of care in New York for 35 years.

800-4MY-MAXCARE
800-469-6292

www.VillageCareMAX.org

Making hay

Dems find ammo in farm bill angst

Democrats fighting an uphill battle to win a majority in Congress are trying to use rural angst over the failure of congressional Republicans to pass a farm bill to win some Midwestern seats in the Nov. 6 election.

The farm bill, which sets subsidies for everything from crop insurance to milk production, expired on Oct. 1 after the Republican majority in the House could not muster enough votes to pass a new law. REUTERS

"The lack of a farm bill right now has the farming community up in arms."

BRYAN KRUSE, 34, FARMER IN RINGSTED, IOWA

Obama promises to be more aggressive during next debate

Campaign advisers to President Barack Obama promised on Sunday he would be more aggressive and energetic on Tuesday in his second debate against Republican challenger Mitt Romney after a passive, heavily criticized performance in their first showdown.

Since that first debate on Oct. 3, polls indicate Romney has erased Obama's lead heading into the election. Obama and Romney debate again on Tuesday at Hofstra University in Hempstead, N.Y. The final debate will take place on Oct. 22 in Florida.

In contrast, Vice President Joe Biden was far more assertive in his debate on Thursday night with Paul Ryan. REUTERS

JEWEL SAMAD/AFP/GETTYIMAGES

▶ All's fair in love, war and opportunities to make action figures.

Team Obama

"He's going to be aggressive in ... his view of where we should go as a country."

Team Romney

"The president can change his style. He can his tactics. He can't change his record."

Preparing for the final battle

"[Obama] knew when he walked off that stage and he also knew as he's watched the tape of that debate that he's got to be more energetic," campaign adviser Robert Gibbs said.

"But the other thing he's going to certainly do — I mean, we saw Governor Romney sort of serially walk away from his own proposals — certainly the president is going to be willing to challenge him on it as we saw the vice president challenge Paul Ryan," adviser David Axelrod said.

34 Romney will have done 34 events in Ohio since securing the GOP nomination.

1.3 Polling averages showed Obama's lead at 1.3 percent, per Realclearpolitics.com.

10 Days since the first presidential debate in Denver, Colo.

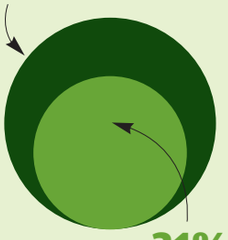
1 Days before the next debate, in which Obama has promised to be more aggressive

The early, early birds

Getting ahead of the crowd

Obama is leading among those who cast early voting ballots. REUTERS

59%
EARLY VOTERS FOR OBAMA



31%
EARLY VOTERS FOR ROMNEY

10% The Reuters/Ipsos poll's credibility margin is 10 percentage points.

Metropolitik

CONN CARROLL

SENIOR EDITORIAL WRITER, THE WASHINGTON EXAMINER

BEYOND POLITICS: OUR DISMAL ECONOMIC REALITY

"Mr. President, you're entitled to your own airplane and your own house," Mitt Romney said at the first presidential debate in Denver earlier this month, "but not your own facts." This play on the late Sen. Daniel Patrick Moynihan's famous quote, "Everyone is entitled to his own opinion, but not to his own facts," is normally true. But not this month. Not when it comes to economic facts at least.

On the first Friday of this month, the Labor Department published results from two surveys that depicted two completely different economic realities in the United States. Which report Americans choose to believe will go a long way in determining who will win the election next month.

The report most favorable to President Obama, the U.S. Bureau of Labor Statistics' Current Population Survey (aka the household survey), found that 873,000 Americans got new jobs last month. That is the most jobs created ever reported by the household survey since 1983. And it is the sole reason the nation's unemployment went from 8.1 percent down to 7.8 percent.

How credible is that 873,000 jobs created number? As Wells Fargo analysts noted, September's supposed household survey jobs gain was "more than four times the size of the average change over the past 12 months." The last time the U.S. economy created that many jobs, in June of 1983, the economy was growing at 9.3 percent. Today, GDP is growing at just 1.3 percent.

Wells Fargo referred to the 873,000 jobs growth number as "a black swan outlier." Gallup's chief economist, Dennis Jacobe, said the household survey "seems to lack face-validity." This is what economic experts are saying about the economic report that Obama is using to make his closing argument to the American people.

Meanwhile, the report less favorable to Obama — the BLS Current Employment Statistics program (aka the employer survey) — showed just 114,000 jobs created in September. Not only was this report almost perfectly in line with what analysts were expecting, it was also consistent with what other economic indicators have been showing: Instead of getting better, the U.S. economy is actually getting worse. (For reference, when the household survey showed nearly a million new jobs were created in June 1983, the employer survey did not diverge nearly as much, pointing to 418,000 new jobs.)

Quoted

Since the economy stopped losing jobs in October 2010, we have been averaging 150,000 jobs created per month. .... But over the last six months, job growth has slowed to just 106,000 jobs a month. The Atlanta Federal Reserve estimates that we need 100,000 new jobs a month just to keep up with population growth.

Since the economy stopped losing jobs in October 2010, we have been averaging 150,000 jobs created per month, according to the employer survey. But over the last six months, job growth has slowed to just 106,000 jobs a month. The Atlanta Federal Reserve estimates that we need 100,000 new jobs a month just to keep up with population growth. That means if the current rate of weak job growth continues, roughly 8 percent unemployment is the new normal. Worse, if the rate of net job creation continues to slow, as it has been doing for months, unemployment will tick up again.

So which report should voters believe? The household survey, showing rates of job creation not seen since the height of the Reagan recovery? Or the employer survey, showing the U.S. economy slowly sinking into another recession? Democrats have clearly decided to trust the household survey data. According to Gallup, consumer confidence has skyrocketed to prerecession levels ... but interestingly, only among Democrats. Consumer confidence among Republicans and Independents is actually falling — and with good reason. If Obama is reelected president, the American people are facing a $500 billion tax hike starting Jan. 1, which the Tax Policy Center estimates would translate into a $3,500 tax hike for the average American family. The payroll tax hike alone, which Obama and the Democrats have specifically said they will let happen, would take $1,000 a year from the average American paycheck — from the poor and rich alike. The Congressional Budget Office predicts that these tax hikes, along with $100 billion in scheduled spending cuts, would cause unemployment to shoot back up above 9 percent. That's economic reality no American wants to be part of.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

OPEN HOUSES at Queens College
GRADUATE Monday, October 29 | 6:30–8:30 pm | Student Union
UNDERGRADUATE Sunday, November 4 | Noon–3 pm | Dining Hall
RSVP at www.qc.cuny.edu/Open
QUEENS COLLEGE
75 YEARS FORWARD
CUNY The City University of New York

Business, engineering degree programs thrive postrecession

With an eye on job prospects, students are choosing majors that offer a 'safe harbor' during tough economic times Liberal arts degrees not as appealing, despite flexibility

The worst financial crisis since the Great Depression did little to dampen U.S. students' interest in commerce. The number of American college graduates holding business degrees jumped 6.2 percent from the end of the recession in 2009 to last year.

More than 12 million Americans, or one in five college graduates, have a business degree, according to data from the U.S. Census Bureau. Four times as many adults hold business degrees as liberal arts and history majors among the nation's almost 59 million people who have undergraduate degrees. "Business is a safe harbor," Kevin Burns, director of career services at Arizona State University's W.P. Carey School of Business, said in a telephone interview. "So a lot of people were getting on the biggest boat they could in turbulent times."

According to data released by the Census Bureau last week, the average American with an undergraduate business degree will earn $2.6 million over a lifetime, about $200,000 more than the average for all people with a bachelor's degree. The payoff is even better for engineers, who had the highest average lifetime earnings for college-educated graduates. They can expect to earn $3.5 million during a 40-year career.

The growth in science and engineering majors surpassed that of undergraduate business-degree holders. Their ranks grew to 5.3 million, an 8.2 percent increase from the 4.9 million graduates in 2009.

The Census Bureau data was released amid concern that the U.S. is failing to produce enough science, technology, engineering and medical graduates to meet future needs. A May study by a consortium, including Microsoft Corp., the Partnership for New York City and JPMorgan Chase & Co., estimated that restrictive immigration policies could contribute to a shortage of 224,000 technology workers by 2018. FRANK BASS/BLOOMBERG

MARIO TAMA/GETTY IMAGES

▶ One in five college graduates has a business degree, according to new Census Bureau data.

By the numbers

$2.6M

Amount the average American with an undergraduate business degree will earn over a lifetime.

$3.5M

Amount the average American with an undergraduate engineering degree will earn over a lifetime.

Liberal arts takes a hit

The ranks of liberal arts and history degree holders fell to 3 million, down 100,000 from 2009. The number of graduates with degrees in multidisciplinary studies fell to 343,000, down 67 percent from the 1 million cited in 2009, the Census Bureau said.

While liberal arts degrees can provide more flexibility for mid-career changes, their benefits aren't always immediate, said William Spellman, a

Quoted

"It took me two years after I earned my Ph.D. to get an interview, much less a job." SPELLMAN

University of North Carolina-Asheville historian and director of the Council of Public Liberal Arts Colleges. "It took me two years after I earned my Ph.D. to get an interview, much less a job," he said.

Practical choices

Sean Egan, a 20-year-old accounting major at Notre Dame's Mendoza College of Business, said he has already found a summer internship.

"The down economy played a small role in why I chose accountancy," said Egan, whose mother is an auditor for the Chicago Mercantile Exchange and whose father is a portfolio manager for Bank of America. "I could not tell you the number of people, my parents included, who told me the world will always need accountants."

Technology

Job seekers choose Facebook over LinkedIn and Twitter

LinkedIn may be the social network of choice for the professional world, but more job seekers are hunting for work on Facebook, according to a new survey.

Some 52 percent of job seekers use Facebook to help find work, according to the survey, conducted by recruiting tech firm Jobvite. That's up from 48 percent in Jobvite's survey a year ago. Both used a sample of more than 2,000 adults in the U.S., either unemployed or currently employed and looking for another job.

LinkedIn was used by 38 percent of job seekers, up from 30 percent; Twitter usage in the hunt rose from 26 percent to 34 percent. Both saw major jumps in overall usage among the workforce, while Facebook usage held steady.

There is plenty of consolation for LinkedIn — not least of which is the fact that it just edged out Facebook as the place to tweak your resume. A quarter of job seekers added professional information to their Facebook account in the last year, but 26 percent did the same on LinkedIn.

Perhaps most surprising, according to the survey: Dissatisfaction is rampant in the workplace. Three-quarters of the U.S. workforce overall are actively interested in another job, even if they already have one.

CHRIS TAYLOR FOR Mashable The Social Media Guide

Let us help you build a PATH to becoming a:
Direct Care Counselor
Community Health Worker
Emergency Medical Technician
Medical Biller and Coder
Medical Office Assistant
Teaching Assistant

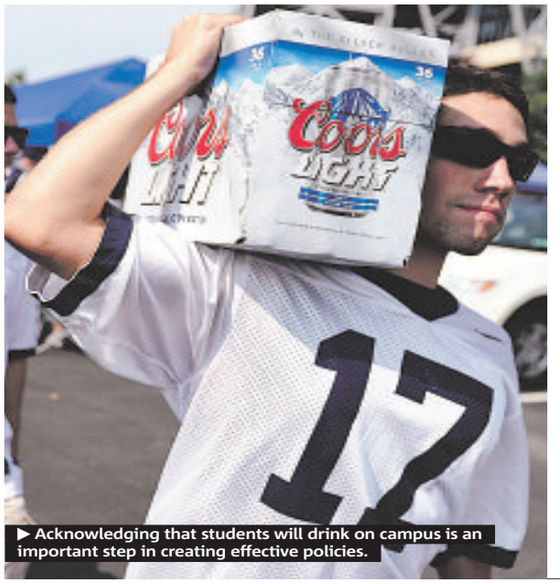
CUNY CareerPATH
Are you unemployed? Do you need further training to advance in your career?
CUNY CareerPATH provides career training, job placement and support obtaining a college degree!
CALL 311 FOR GENERAL INFORMATION, OR VISIT US AT
WWW.CUNY.EDU/CAREERPATH
WWW.FACEBOOK.COM/CUNYCAREERPATH
CUNY CareerPATH is a FREE to low-cost program aimed at supporting adult students in career advancement and successful college transition.

Or you could....
Start a Small Business
Earn your Hospitality/ Food Service Certification
Earn your Advanced Green Manufacturing and Industrial Design Certification

Submit your best photos today!
www.metrophotochallenge.com
metro PHOTO CHALLENGE
J&R

New approach to student alcohol abuse

GETTY IMAGES



▶ Acknowledging that students will drink on campus is an important step in creating effective policies.

▶ New guide suggests that colleges be realistic when making policies on campus ▶ Research shows most students are using alcohol safely

After studying student alcohol use for more than 15 years, Auburn University professor Christopher J. Correia is encouraging administrators to take the judgmental sting out of their drinking policies.

This week Wiley publishing will release Correia's latest book, which he hopes will become a new policy model for campuses across the country: "College Student Alcohol Abuse: A Guide to Assessment, Intervention and Prevention."

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate," says Correia. "There are plenty of students with problems, but they don't all have the same problem. There are short-term problems, perhaps just one particular night, and then there are longer standing problems. We don't serve students well when we try to treat every problem the same way."

Quoted

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate." CORREIA

25%

Percentage of college students who report academic consequences of their drinking, according to the National Institute on Alcohol Abuse and Alcoholism.

Correia co-authored "Student Alcohol Abuse" with researchers from the University of Memphis and Brown University, along with input from other prominent drug and alcohol analysts.

"It's a public health issue," says Correia. "We need to move away from abstinence-based, restrictive in-patient solutions, and realize there are lots of other treatment models out there — models that are more reality-based than thinking that college students are never going to drink."

Positive shift

While alcohol abuse remains a problem, Correia says the situation is improving: "If you look at the numbers of students that engage in binge drinking, or at the numbers of deaths, injuries and accidents, it's hard to be super optimistic. Those numbers have remained fairly stable. However, we are seeing a positive shift: There are more interventions out there that have empirical support. That means administrators can start to have more confidence in their options."

BRUCE WALSH
bruce.walsh@metro.us

PENN STATE | ONLINE

Earn your Penn State degree online

- Choose from more than 80 online degree and certificate programs in business, education, health, and more.
- Study where and when it's convenient for you, through the flexibility of online education.
- Earn a credential that is valued in the workforce and highly regarded by employers.

PENNSTATE World Campus

www.worldcampus.psu.edu/metro12

U.Ed.OUT 13-0103/13-WC-0069edc/jms/sss

THE WINDSOR SCHOOL
- Established in 1969 -

- Private Middle and High School
- Registered by NY State Education Department
- Accredited by Middle States Association

Moving To: 37-02 Main Street Flushing, NY 11354
135-22 37th Ave., Flushing, NY 11354

- More modern facilities • Outstanding and expanded faculty
- Wi-Fi and computers in every classroom
- Receive an academic foundation to prepare for the future

Special Classes:
Saturday - SAT Prep Classes in Critical Reading, Writing, Math
Saturday - SAT Subject Prep Classes in Biology, Chemistry, Physics, Math Level 1 and 2
Saturday - PSAT Prep Classes in English and Math
ALL CLASSES TAUGHT BY EXPERIENCED HIGH SCHOOL TEACHERS.

Our mathematics team placed first in the NYML competition 2011-2012 (www.themathleague.com)
We have an outstanding college acceptance record.
High school diploma program for students who are in middle or high school (includes study in English as a Second Language).
Pre-University program for students who have competed high school. English as a second language program for beginner, intermediate or advanced students.
No previous knowledge of English is necessary.

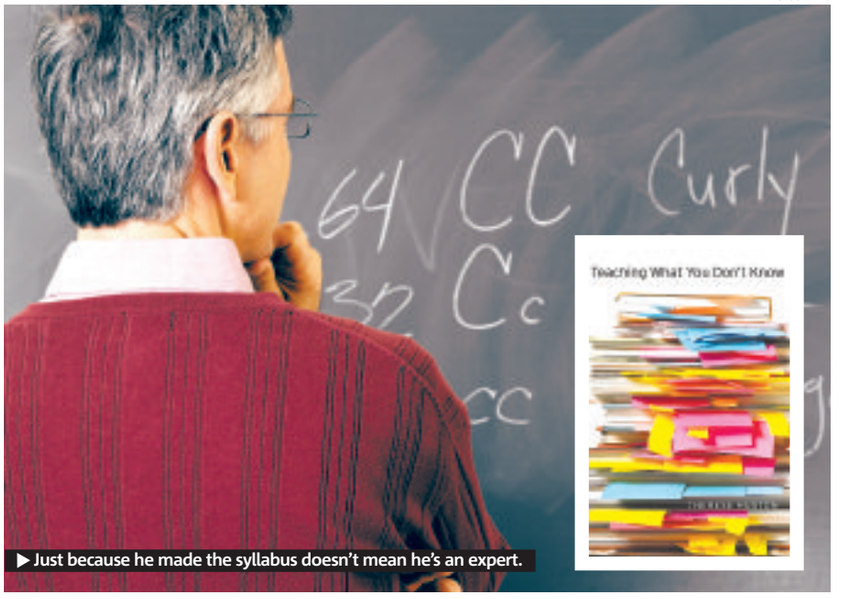
PROGRAMS
• Grade 6-12 • AP Classes • ELS Classes
Help with college selection and application, SAT and TOEFL Support

Our New Address Please visit or call for more information
37-02 Main Street, Flushing, NY 11354, 135-22 37th Ave., Flushing, NY 11354
Phone: 718-359-8300, Fax: 718-359-1876 Website: www.windsorschool.com

When it's the professor who needs to study

Book addresses a little-known problem: Many college profs have to learn their own course's material

STOCKBYTE



▶ Just because he made the syllabus doesn't mean he's an expert.

While serving as the director of a faculty development center at Seattle University, Therese Huston noticed a recurrent complaint emerging from professors: "I'm being asked to teach a subject I never studied."

In 2009, Huston authored a self-help manual for profs coping with this dirty little secret of higher education, "Teaching What You Don't Know." And, judging by the book's success, it's an all-too-common problem: The second edition will be released this month, and there's already an audio book on the market, perfect for ever-commuting adjuncts.

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material."
THERESE HUSTON

"It became increasingly clear that one of the most stressful situations was when someone was teaching not just a new course in terms of preparation, but a new course in terms of having to learn new material," says Huston. "People were embarrassed to talk about that, but this is when they needed the most help."

Based largely on case studies of 28 professors from a wide range of colleges and universities, Huston tackles the issue from course preparation to final exams. "This is the first book to talk openly about teaching outside of your expertise. Most books assume the opposite. So I had to look at the empirical literature differently to find research that might be relevant. I wanted to continually ask: 'Who does the best teaching — and under what circumstances?'" says Huston. "There are strategies for managing the time. That's a big concern: Not only do you want to know that your students are learning, but you want to make sure you can do this and have enough time to sleep."

BRUCE WALSH
bruce.walsh@metro.us

2012 CUNY Graduate Programs Fair

Thursday, November 8, 3 PM - 7 PM

John Jay College of Criminal Justice
899 10th Avenue (W. 58th & W. 59th Streets), Manhattan

Pre-register at: **www.cuny.edu/gradfair**

Explore CUNY. Discover over 800 master's and doctoral degree programs in more than 160 disciplines taught by leaders in their fields.
For more info: **www.cuny.edu/graduate**

November is CUNY Month!

Pledging with a purpose this fall

Frats and sororities offer opportunities beyond Saturday night Before you join, do your research

Out of the thousands of college freshman who will pledge fraternities and sororities this year, only a handful will thoroughly research their Greek organization of choice before making a commitment to it.

And there's a surprising amount of information waiting to be discovered at every college's office of Greek life, including past violations and grade-point averages.

"If my brother was looking to pledge a fraternity, the first thing I'd tell him is to go to the Greek life office and ask which fraternities have been on probation recently. See who's been in trouble. That's a good place to start," says Patrick Daley, a Pi Lambda Phi alumni from North Carolina State University. Daley founded the Fraternity Advisor (www.thefraternityadvisor.com) in 2009.

Quoted

"If they want this to benefit their lives, I would look to the alums of the organization — see where they are in their lives. Is that where you want to be?"

MARIA DIAZ, PRESIDENT OF NATIONAL SORORITY LAMBDA PI CHI

"The chapter grade-point averages will also tell you a lot. And I'd want to see who were the recent winners of Chapter of the Year. Typically, all of this information is at the office."

But that's just scratching the surface. Maria Diaz, president of Lambda Pi Chi, a Latina-focussed sorority, says it's actually more important to meet with alumni than current student members: "Some people just join to have fun during college, which is fine. But if they want their academics to reach a certain level, if they want this to benefit their lives, I would look to the alums of the organization — see where they are in their lives. Is that where you want to be?"

BRUCE WALSH
bruce.walsh@metro.us

GETTY IMAGES

▶ If you're planning to rush a fraternity or sorority this semester, make sure you think about the long-term possibilities.

Know their numbers

Perhaps the most important two questions to ask a fraternity or sorority before pledging: How many people pledged last year, and how many were actually initiated?

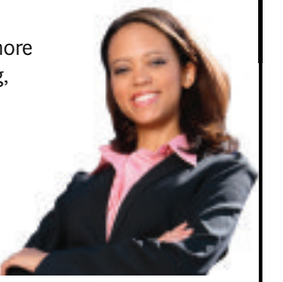
"If last fall, the fraternity took in 20 new members, but only initiated 12, that means eight guys got cut or quit, or didn't make grades," says Daley. "There's a big red flag there: Why did these guys not make it through the process? There's a reason why people don't make it, and it's usually not a good one."

The Institute of Culinary Education
Open your own restaurant
Cook in the hottest kitchens
Start the bakery of your dreams
FEED YOUR PASSION WITH A NEW CAREER

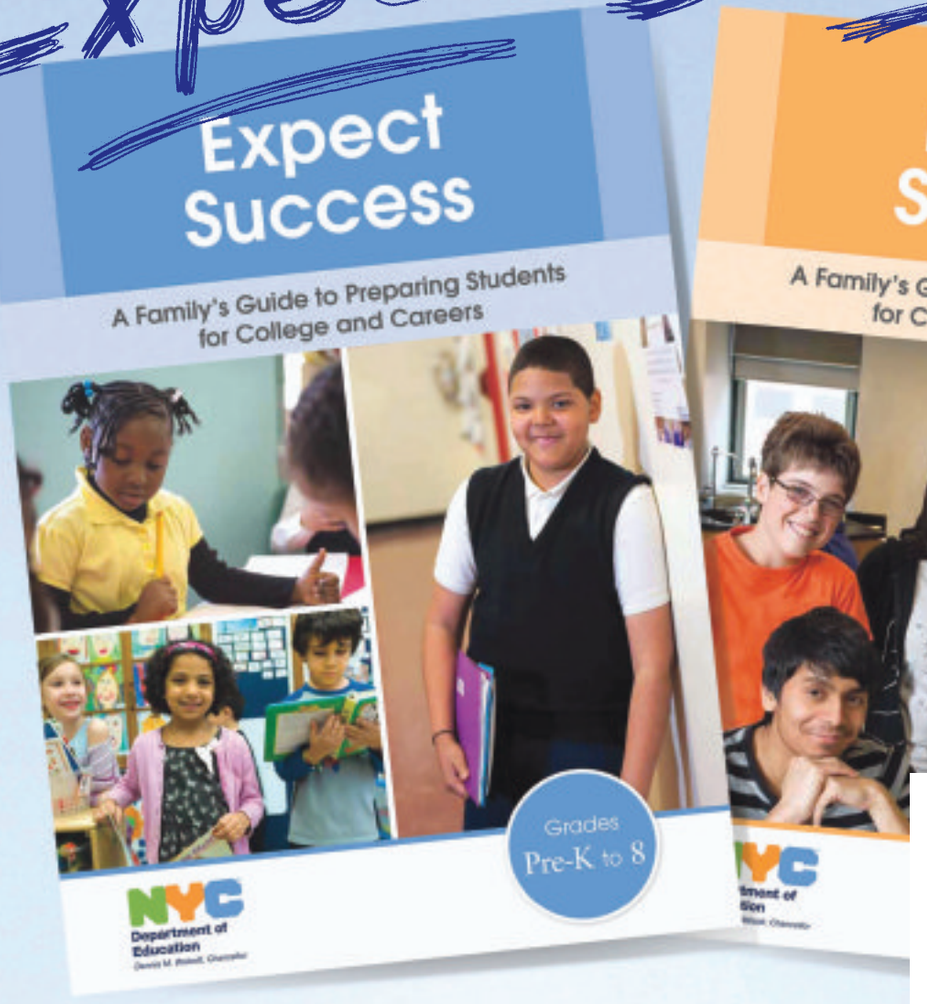
6-13 month award-winning career training programs
Real world experience through externship
85% of graduates who want a job, get a job*
Flexible morning, afternoon, evening & weekend classes
Culinary Arts, Pastry & Baking Arts, Culinary Management, Hospitality Management
iceculinary.com/METRO | (888) 241 - CHEF
*2009-2011 ACCSC (accrediting) annual report employment rate is 83% of 1,728 students available for employment over the last 3 years' filings. The remaining 17% includes students who were employed in an unrelated occupation, unemployed, and whose whereabouts were unknown to ICE at the time of filing. For individual program completion and placement rates, please see that program's "Gainful Employment Disclosure" information.

BECOME A PARALEGAL

· Manage a professional law office
· Organize cases for trials
· Conduct legal research
· Find related careers in legislative offices, investigative firms, legal publishing and product marketing industries
Conveniently located in Manhattan's Financial District.
Easy access to express subways and buses.
Call Today! (888) 324-3822
mildred-elley.edu
25 Broadway, Floor 16 | New York, NY
Accredited Member, ACICS
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures
MILDRED ELLEY
NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154

GET YOUR BUSINESS DEGREE
· Become an office manager, executive assistant and more
· Work in executive, accounting, banking, HR, marketing, sales, customer service and production offices.
· Get your degree in under 2 years

Enroll Now! (866) 755-5092
mildred-elley.edu
25 Broadway, Floor 16 | New York, NY
Accredited Member, ACICS
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures
MILDRED ELLEY

Expect Success!


Expect Success
A Family's Guide to Preparing Students for College and Careers
Grades Pre-K to 8
NYC Department of Education
Expect Success
A Family's Guide to Preparing Students for College and Careers

You are your child's greatest role model and most powerful advocate. Your child is more likely to succeed when you are involved and support the important work going on in the classroom.

The Expect Success Family Guide can help you find ways to participate in your child's education and to promote his or her intellectual, physical, and emotional well-being.

The Guide has information about school reforms, raising academic standards, course requirements, ways to help your child become college and career ready, and where to go for help. You'll also find information specific to the needs of pre-k, elementary, middle- and high-school students. For electronic copies of the Guide, visit NYC.gov and search for Expect Success or call 311.

Participate in your child's education

- **Get the most out of parent-teacher conferences**
- **Does your school make the grade?**
- **Welcome to pre-k!**
- **Prepare for middle school**
- **Get involved! Join an education council**
- **Help your child with good attendance**
- **Parents as Partners Week events**
- **Stay connected**

NYC Department of Education

Michael R. Bloomberg
Mayor

Dennis M. Walcott
Chancellor

nycschools nycschools

Text "nycschools" to 877-877 for alerts and info.

Get the most out of parent-teacher conferences

One of the easiest ways to stay informed about how your child is doing in school is to attend parent-teacher conferences. Here are some questions to ask about your child's academic progress, both at the conference and throughout the school year:

1. What is my child expected to learn, know, and do at this grade level? How will it be assessed?

2. What big projects will students participate in while in your class this year? How will I know if my child is meeting grade level expectations throughout the year?

3. What does my child do well and what does he or she struggle with? Can you give me examples?

4. If my child needs extra support or wants to learn more about a subject, are there resources to help his or her learning outside the classroom? Can you give me examples?

5. How are you introducing the Common Core standards to students this year?

6. Does my child turn in homework on time?

7. Is my child happy at school? How does my child get along with classmates and adults?

8. Does my child participate in class discussions and activities? What would make my child more effective in doing his or her work?

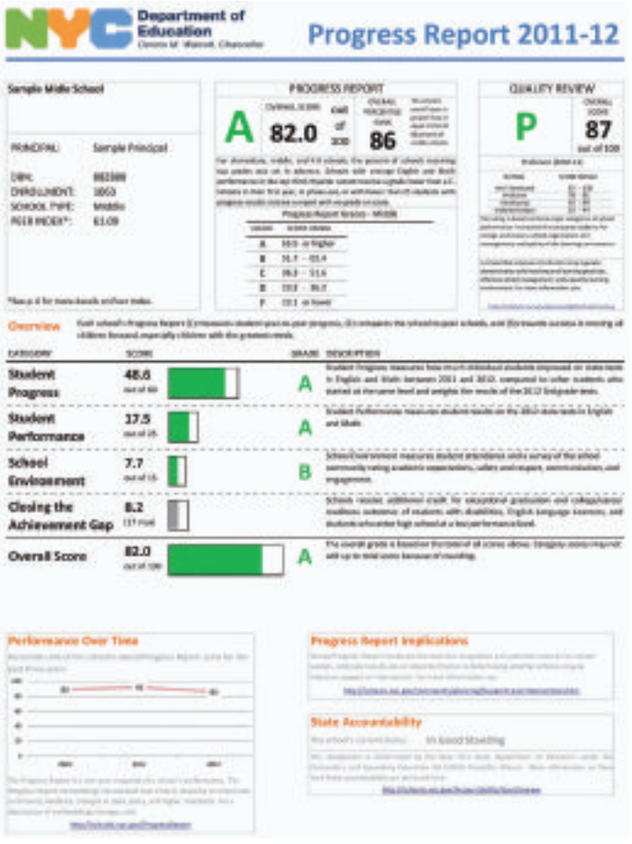
9. What can I do at home to reinforce what my child is learning at school?

Does your school make the grade?

The NYC Progress Report

The New York City Progress Report awards schools grades based on student progress, performance, and attendance, as well as feedback from parents, students, and teachers. For the first time this year, high school reports also include a section on college and career readiness. Parents can use the Progress Report to evaluate how well their child's school is preparing its students for success in high school, college, and careers.

Ask your principal or parent coordinator for your school's latest report, released this fall, or view it online by searching NYC.gov for Progress Report.



Welcome to pre-k!

Families who already have a child in pre-k are invited to attend Welcome to Pre-K!, an interactive session focused on how pre-k children learn, what they learn, and how families can best get involved in their child's education. Child care and door prizes will be available at each site.

Find the event nearest you:

Thurs., November 1, 2012 6:00pm-8:00pm	Wed., November 7, 2012 6:00pm-8:00pm
P.S. 261 314 Pacific Street Brooklyn, NY P.S. 198 1700 3rd Avenue New York, NY P..S 273 88-07 102nd Street Queens, NY	P.S. 861 280 Regis Drive Staten Island, NY 10314 P.S./I.S. 54 2703 Webster Avenue Bronx, NY 10458

If your child was born in 2008, you can register for pre-k for the 2012-13 school year until October 31. Universal Prekindergarten (UPK) programs are important because they create the foundation for your child's future success.

Pre-k is an exciting time of exploration and growth. Your child will develop basic literacy and math skills, learn how to share, take turns, work in groups, think creatively, and solve problems. High quality pre-k prepares children for school and sets them on a path towards college and career readiness.

For more information and a list of programs that may have space available, visit NYC.gov and search for Pre-kindergarten or call 311.

All UPK programs, half- or full-day, are free and are required to provide high-quality, standards-based instruction to promote school readiness for all students. Programs are available at public elementary schools and community-based organizations.

Prepare for middle school

Children who do well in middle school are more likely to succeed in high school and be ready for college and careers after they graduate. If you are the parent of a fifth grader, here are some ways to prepare for the middle school application process and find the best fit for your child.

- Review the DOE's Middle School Directory for your district, available at elementary schools and online by searching NYC.gov for Enrollment.
- Read the admissions requirements; they vary from district to district.
- Most districts have a choice process in which you submit an application indicating your preference for middle school. A few districts have local zoned middle schools.
- Plan to attend an open house or other events at schools you're interested in and be sure to check the admissions criteria. Some schools are academically screened, some are unscreened, and others give priority to students who attend an open house.

You'll receive an application from your child's school this fall with a list of the middle schools your child is eligible to attend. If your child is not currently enrolled in an NYC public school, request an application from your local enrollment office. For more information, search NYC.gov for New Student.

- Rank the schools you're interested in on your child's personalized application.
- Middle schools with their own applications are listed at the back of the directory; contact those schools directly to find out how to apply.
- Return the completed application to your child's elementary school in December.
- You'll receive a decision letter in late spring.

A good way to learn about the schools you're interested in is to attend the tours and open houses that run through December.

For more information, search NYC.gov for Enrollment.

Help your child with good attendance

They have to be there to succeed

Getting your child to school every day, unless he or she is sick, is crucial to his or her academic achievement. Studies show that students who miss school at a young age run a high risk of failing or dropping out when they reach high school. As a parent, you are the first line of defense in making sure that regular absences do not become a habit. Here are some tips on how you can help your child show up and succeed.

For more information, visit www.schooleverydaynyc.org or call 311.

1. Don't promote or tolerate school absences. Talk to your child about the importance of attending school on time every day. Remind your child that school attendance is required by law.

2. Absenteeism starts small. If your child is missing two or three days of school a month, he or she is already on the wrong track. This will total more than one month of lost school by the end of the year.

3. Good attendance starts the night before. Children under 12 years old need nine to 11 hours of sleep a night, according to the National Sleep Foundation. Children 12 and over need roughly 8 ½ to 9 ½ hours of sleep. When the lights go out, so too should the cell phones, videos games and computers.

4. Get the help you need. Reach out to friends and neighbors, your place of worship, a local community organization or other support networks.

Get Involved!

Join an Education Council

What are Education Councils?

Citywide and Community Education Councils help to shape educational policies and priorities in their districts. Members are parent volunteers who provide hands-on leadership and support for their community's public schools.

Here's an overview of the councils:

- There are 32 Community Education Councils (CEC) in New York City. Each CEC represents a Community School District that includes public elementary, intermediate, and junior high schools.
- There is one Citywide Council on High Schools (CCHS) that advocates on behalf of all New York City public high school students.
- The Citywide Council on English Language Learners (CCELL) advocates on behalf of all students in bilingual and English as a Second Language (ESL) programs.
- The Citywide Council on Special Education (CCSE) advocates on behalf of all students who have Individualized Education Programs (IEP).
- Citywide District 75 Council members represent students receiving citywide special education services.

Candidate Training Forums

November 15 – Brooklyn Borough Hall

November 27 – Queens Borough Hall

November 29 – Bronx Borough Hall

To learn more about the Councils and the 2013 selection process, visit NYC.gov and search for CEC.

Learn About Your Child's Grades and Attendance Through ARIS Parent Link

ARIS Parent Link shows parents of students in middle and high school their child's attendance record and provides up-to-date information on:

- Transcripts (middle and high school)
- State test results
- Periodic assessment results
- School-wide reports

Here's what you need to log in to ARIS Parent Link

- Your child's OSIS number (this is on your child's report card)
- Your temporary password (available from your child's school)
- Internet access to connect to www.arisparentlink.org
- An email address

ARIS Parent Link is available in 10 languages, and supports families of students from pre-k through high school. For assistance with the ARIS system, contact the parent coordinator at your child's school.

Parents as Partners Week Events

From October 15-20, you are invited to attend events in all five boroughs about how to help your child succeed now and in the future. When parents, teachers, and students work together in their school communities, children are more likely to graduate prepared for college or ready to start their careers.

MON., OCT. 15

Staten Island Federation of Parent-Teacher Associations Meeting

Chancellor Dennis Walcott will deliver opening remarks at this monthly meeting for PTAs and PAs from schools across Staten Island.

9 a.m. - 11 a.m.

Petrides Educational Complex
715 Ocean Terrace
Staten Island, NY 10301

MON., OCT. 15

Planning for Success

This workshop will help parents learn ways to support their children in their transitions through middle school to high school to college.

6 p.m. - 8 p.m.

Brooklyn Borough Hall
209 Joralemon Street
Brooklyn, NY 11201

TUES., OCT. 16

Overview of Education Council Selection Process

Learn about your community and citywide education councils, the upcoming selection process and what this means for your community.

6 p.m. - 8 p.m.

District 30 Office
28-11 Queens Plaza North
Queens, NY 11101

WED., OCT 17

Parents as Partners

Keynote Conference

Learn about the new Parent Academy and hear from a parent panel on college and career readiness.

Chancellor Dennis Walcott will offer a keynote address. Also speaking: Executive Director Jesse Mojica, Elizabeth Sciabarra, and a parent panel.

5:30 p.m. - 8 p.m.

High School of Fashion Industries
225 West 24th Street
Manhattan, NY 10011

THURS., OCT 18

Fathers of Children with Special Needs Panel

Join us for a panel discussion hosted by NYC fathers who will share their experiences advocating for their children with special needs. A keynote speech will be delivered by NYC Fatherhood Services Coordinator Alan S. Farrell before the panel discussion.

6 p.m. - 8 p.m.

School for Career Development
510 Clermont Avenue
Brooklyn, NY 11238

SAT., OCT 20

New Futuro College Prep Fair for Latino Students and Their Families

The Department of Education is partnering with New Futuro for a college prep fair for Latino students and their families. Information on tuition costs, financial aid and guidance through the college-preparation process will be available. This is an all-day event.

10 a.m. - 6 p.m.

APEX Building
Lehman College
250 Bedford Park Blvd. West
Bronx, NY 10468

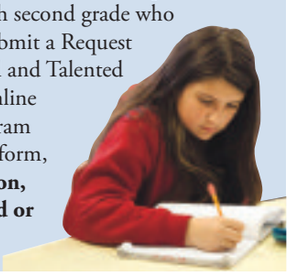
Host your school's Parent Leadership Awareness Day - To learn more or to register for the event, go to schools.nyc.gov/ParentsFamilies or call 212-374-2323 or e-mail FACE@schools.nyc.gov. During the month of October, materials will be made available to all schools to inform you about Community Education Councils, other DOE services, and how you can get involved to strengthen your school community.

Stay Connected

Is today a school holiday or snow day? When are Parent-Teacher Conferences? When is the deadline to register for high school entrance exams? New York City public school families can now stay informed by texting "nycschools" to 877-877 to receive text messages throughout the school year. Almost 3,000 families have signed up to receive school-related information, including calendar updates, reminders and tips on how to access school resources. Standard text messaging rates may apply.

Gifted & Talented: Request for Testing Deadline Approaching

The Department of Education provides Gifted and Talented programs for students who score high on the Gifted test, apply for admission, and are accepted via a lottery process. Parents of students in pre-k through second grade who currently reside in New York City are eligible to submit a Request for Testing form by November 9, 2012. The Gifted and Talented exam will be administered in January 2013. The online and print versions of the Gifted and Talented Program Handbook, which include the Request for Testing form, are currently available online. **For more information, visit NYC.gov and search for Gifted and Talented or contact your child's school.**



NYC Public Schools Calendar: Oct-Nov

WED., OCT. 17
No classes for pre-kindergarten students

THURS., OCT. 25 - FRI., OCT. 26
High schools' parent-teacher conferences

TUES., NOV. 6
Election Day
Schools Closed

WED., NOV. 7 - THURS., NOV. 8
District 75 school programs' parent-teacher conferences

MON., NOV. 12
Veterans Day
Schools Closed

TUES., NOV. 13 - WED., NOV. 14
Elementary schools' parent-teacher conferences

MON., NOV. 19 - TUES., NOV. 20
Intermediate and junior high schools' parent-teacher conferences

THURS., NOV 22 - FRI., NOV. 23
Thanksgiving Recess
Schools Closed

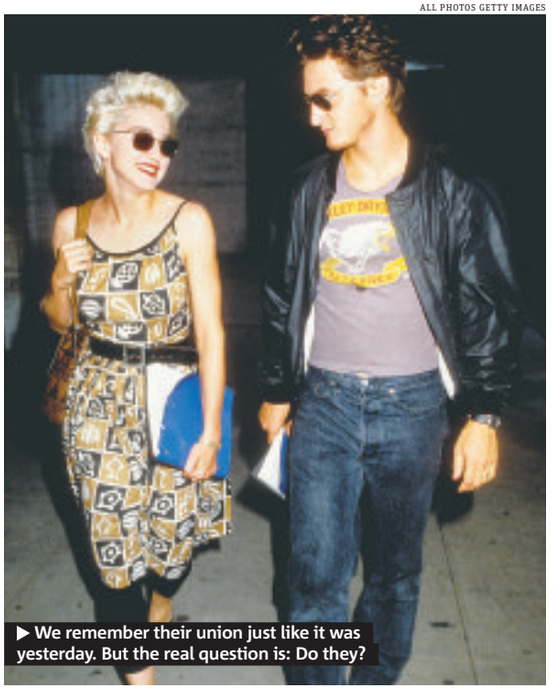
THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Madonna and Penn reunite

Forget the rumors of "Beverly Hills 90210" actors **Luke Perry** and **Jennie Garth** falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier. On Thursday, **Sean Penn** sat "front and center" at ex-wife **Madonna's** Staples Center concert and even visited her backstage.

ALL PHOTOS GETTY IMAGES



▶ We remember their union just like it was yesterday. But the real question is: Do they?

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!" The source added that "he laughed and clutched his chest like he was going to pass out. She was wearing a black lacey thong, and her butt looked perfect! So smooth and tight ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex. "Sean was like a teenage boy meeting his idol," another eyewitness told the site. "It was amusing and kind of cute."

Penn and Madonna were married from 1985 to 1989; it was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was "Shanghai Surprise."

But, hey — perhaps the past 30 years have mellowed out the stars. Oh, man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years, I want this so much.

▶ Coming to New Jersey in 2013?

Psy and Bon Jovi? Yes, please

In a revealing article in The New York Times, **Psy**, the Korean pop sensation responsible for "Gangnam Style," comes clean about his celebrity obsession: **Bon Jovi**.

"Every musician in Korea, we learn from your pop — we get inspired," he told the paper. "I was at the iHeartRadio festival in Las Vegas, and when I walked down the hallway someone stopped me and said, 'Are you Psy?' And he said, 'I'm Jon Bon Jovi.' I grew up listening to Bon Jovi since 'You Give Love a Bad Name,' so this was a really touching moment. We took a picture and he uploaded it on his Facebook. It's unbelievable."

Makes sense: They both ride different types of horses. Bon Jovi's is a steel one, while Psy's is imaginary.

Talking points

Kutcher and Kunis continue New York love campaign

Ashton Kutcher and **Mila Kunis** continue to sweep New York with their public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine. "When they walked out, Ashton fed Mila some of her ice cream," an eyewitness says. "They were very cute together." Kutcher has been staying with Kunis while she films a new movie in NYC, and while there, they've done little to hide their new-couple status.

Why did DeVito and Perlman split?

Danny DeVito and **Rhea Perlman** separated last week after 30 years of marriage, and Radar Online insists DeVito's reported tendency to romance extras on his film sets is part of the reason — and he's apparently been at it a long time. One former colleague claims DeVito was up to no good as far back as 1990's "Hoffa," where he reportedly hooked up with a young blonde. "It was kind of pathetic because she was very young and beautiful and obviously just having sex with him in hopes that he'd make her a star," the source says. DeVito's rep, however, refutes the claims of philandering. "[Danny and Rhea] separated," the rep says. "No reason was ever given. Everything is unfounded speculation."

Cyrus and Hemsworth

Cyrus and Hemsworth get inked together

They've already proven their devotion to each other by getting engaged and adopting more than enough dogs, but **Miley Cyrus** and fiance **Liam Hemsworth** apparently wanted to go a step further by getting complementary tattoos. In July, Cyrus had an excerpt from a **Theodore Roosevelt** speech inked on her forearm. Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop. Hemsworth's arm reads, "If he fails, at least fails while daring greatly," while Cyrus' arm continues, "so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Today, Hugh Hefner is an avid scrapbooker, Hugh Jackman is working on his special day, Stephen Fry is having a perfectly English afternoon and Sarah Silverman thinks you should just go for it.

@hughhefner
I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!

@RealHughJackman
On set for my birthday. Thanks for all the best wishes!

@stephenfry
Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.

@SarahKSilverman
No one's looking

Sarah Silverman

This weekend, the '80s came alive

1 Nickelodeon's **Teenage Mutant Ninja Turtles** emerged at NY Comic Con 2012 on Thursday in New York City.

2 **Brooke Shields** attended the opening of "Cyrano De Bergerac" on Thursday in New York City.

3 **Tom Cruise** was snapped on Saturday in London.

4 **David Byrne** performed at the Greek Theatre on Saturday in Los Angeles.

5 Guitarist and singer **Richie Sambora** performed at Huxleys Neue Welt on Saturday in Berlin.

6 **Madonna** performed on Saturday at the MGM Grand Garden Arena in Vegas as she toured in support of her latest album, "MDNA."

7 **Bret Michaels** arrived (and later performed) at the grand opening of The D Las Vegas on Saturday in Las Vegas.

1. NEILSON BARNARD/ GETTY IMAGES FOR NICKELODEON
2. CHARLES NORFLEET/ GETTY IMAGES
3. MICHAEL JAWORSKI/ FILMMAGIC
4. KEVIN WINTER/ GETTY IMAGES
5. ADAM BERRY/ REDFERNS VIA GETTY IMAGES
6. DAVID BECKER/ GETTY IMAGES
7. ISAAC BREKKEN/ GETTY IMAGES FOR THE D LAS VEGAS

GOLD AND JEWELRY LOANS
UP TO $100,000

Six month loan
Low fees
Low interest rates

See us online at **www.providentloan.com**

All offices open Monday-Friday, 9am-4pm. *Se Habla Espanol*

Main NYC office: 346 Park Avenue South (at East 25th St.) 212.685.0380
NYC: 180 East 72nd St. - 212.288.0918
Bronx: 2573 Decatur Ave. (off Fordham Rd.) - 718.367.2850
Flushing: 136-48 39th Ave. - 718.358.9191
Brooklyn: 7804 5th Ave. - 718.238.0506

THE PROVIDENT LOAN SOCIETY OF NEW YORK
It's better than a pawn shop. It's Provident Loan.

We think it's time snorers had more attractive options.

eOs sleep
For the treatment of snoring & sleep apnea

Snorers, breathe a sigh of relief—we offer effective treatments beyond the mask.

At Eos Sleep, we start with an expert evaluation of your upper airway by a board-certified ENT physician. Then our coordinated team of specialists will make recommendations based on your particular diagnosis. Our wide range of options means you'll find the treatment that works for you ***and*** your bed partner. For many, it may be as simple as a 20-minute, procedure.

Open your eyes to an entirely new approach to treating snoring and sleep problems. **Eos Sleep is here.**

888-485-0466
New York City • Long Island
EosSleep.com

Thriller 'Taken 2' beats Affleck's 'Argo' at box office

20TH CENTURY FOX

▶ Liam Neeson's "very particular set of skills" includes destroying box-office competition.

Box office

Action sequel "Taken 2," starring Liam Neeson, claimed the No. 1 spot on movie box office charts for a second week, grabbing $22.5 million from ticket sales in the U.S. and Canada.

The tally for "Taken 2" topped the $20.1 million for Ben Affleck's widely praised Iran hostage drama "Argo," according to studio estimates compiled by Reuters.

"Taken 2" stars Neeson as a former spy who is captured during a vacation in Istanbul. "Argo" is based on the true story of a CIA agent who develops a risky plan to rescue U.S. government employees during the 1979 Iran hostage crisis. Affleck stars in and directs the film. **REUTERS**

Top 5

1. **"Taken 2":** $22.5 million
2. **"Argo":** $20.1 million
3. **"Sinister":** $18.3 million
4. **"Hotel Transylvania":** $17.3 million
5. **"Here Comes the Boom":** $12 million

TV watch list

BROWNIE HARRIS/NBC

▶ Giancarlo Esposito stars as Captain Tom Neville and Kim Raver plays his wife, Julia, on "Revolution."

'Revolution'

DRAMA. Kim Raver joins the cast as Tom Neville's wife, the one thing that gives the bad guy a smidgen of decency. **10 p.m., NBC**

'How I Met Your Mother'

COMEDY. After careful consideration, Marshall and Lily choose a godfather for their son. And by careful consideration, we mean based on the outcome of a "legendary" contest. **8 p.m., CBS**

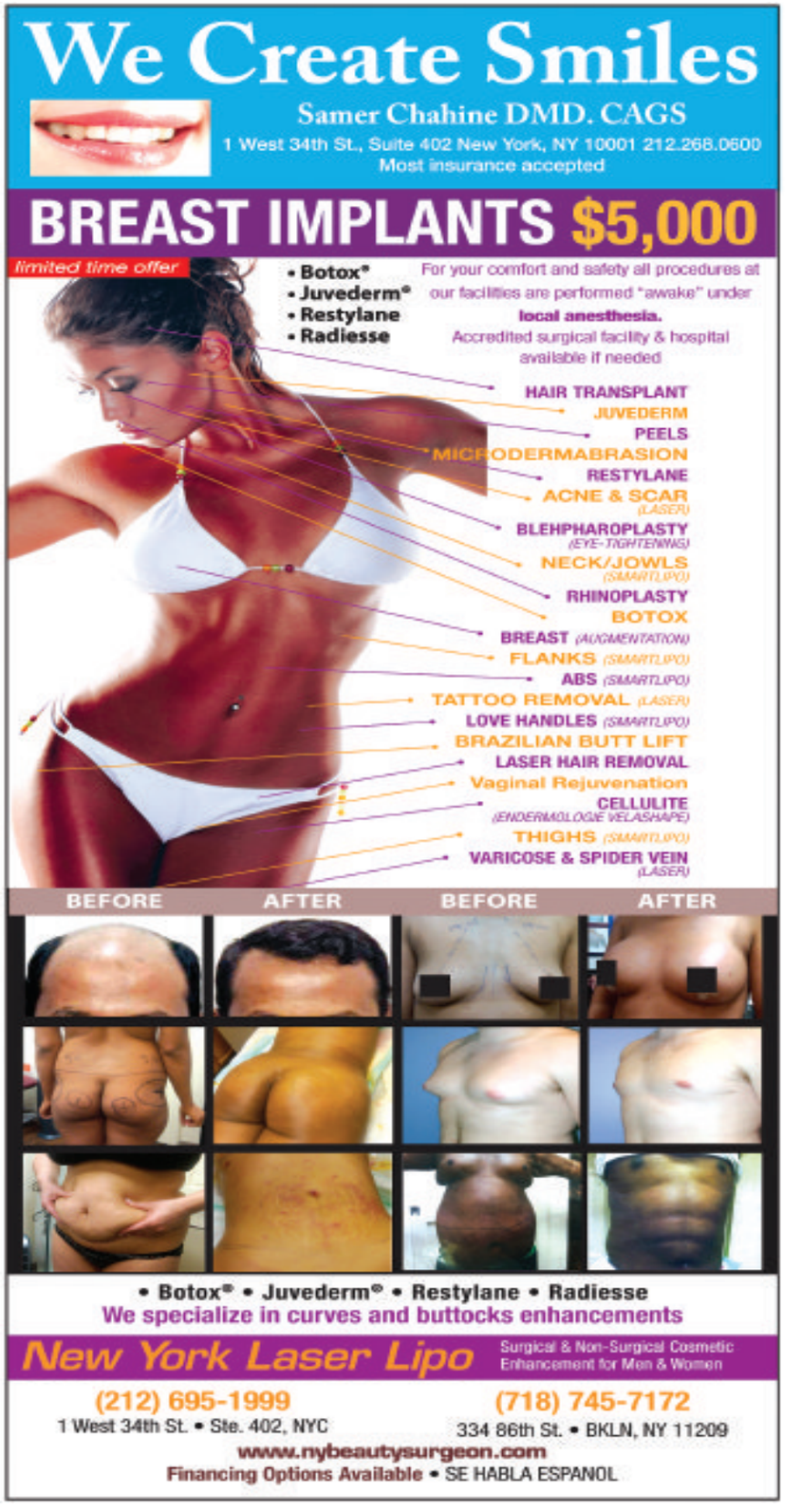
'The Real Housewives of New York City'

REALITY. Round 2 of the verbal fisticuffs — er, the reunion — takes place tonight. **9 p.m., Bravo**

'2 Broke Girls'

COMEDY. Looking for advantage in the cutthroat cupcake business, the girls audition for "Cupcake Wars." Because no one's reputation has ever been tarnished on a reality TV show, right? **9 p.m., CBS**

AMBER RAY



OPEN HOUSES at Queens College
GRADUATE Monday, October 29 | 6:30–8:30 pm | Student Union
UNDERGRADUATE Sunday, November 4 | Noon–3 pm | Dining Hall
RSVP at www.qc.cuny.edu/Open
QUEENS COLLEGE 75 YEARS FORWARD CUNY The City University of New York

myentertainment

Woody's 'little well of anger'

The laid-back star discusses playing mean and nasty for 'Seven Psychopaths' But he has plenty of reserves of warmth for the pooch he loses in the film

Woody Harrelson is not a violent man, but he'll happily play one onscreen — especially if it's for writer-director Martin McDonagh. In McDonagh's latest, "Seven Psychopaths," Harrelson stars as a crime boss at the end of his rope after his beloved shih tzu is dognapped by some petty con men (played by Christopher Walken and Sam Rockwell). For Harrelson, the role meant finally correcting a previous mistake: turning down the chance to work for McDonagh.

The movie offers several definitions of a psychopath. What's yours?
Probably they're just as unique and as individual as flowers. [He picks up a vase on the table, sniffs the flowers and laughs.] But you know, I guess that it's meant to be that they're all individuals and they defy stereotypes. Martin McDonagh is never going to be easily stereotyped or categorized.

You're not a terribly angry or violent person in real life, but you play those types so well.
It does seem to just come pretty easy. I think you'll find this is true with most actors: You're going to find a pocket, a little well of anger in there. I've certainly found it to be true. And by the same token, actors are some of the funnest people to hang out with, but there's always that little pool of anger ready to bubble up. I suppose it comes in handy at times like these.

As long as it doesn't get you in trouble.
Well. From your lips to God's ears on that one.

What made you want to work with Martin?
Well, I've been a fan of his for quite a long time, before he made any movies ... This guy is such a genius, and he's always great at this ability to juxtapose light and dark in such a way that it just makes you laugh.

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

CBS FILMS

▶ Woody Harrelson is a crazy thug with a soft spot for his dog, Bonny, in "Seven Psychopaths."

Woody the animal lover

Being a dog lover himself, it wasn't difficult for Woody Harrelson to connect with the pooch-obsessed gangster he plays in "Seven Psychopaths," who goes to great lengths to retrieve a stolen shih tzu named Bonnie.

"I have one now that I'm that attached to," Harrelson tells Metro. "She's half pit-bull, and we have yet to determine what the other half is. We don't know for sure. But she's a beauty. We call her Snowy, and she's really a lot of fun. And if I lost her, I can say that I would lose my mind. I can't imagine what that would be like. It was just hard, like, I left yesterday from Maui, and just saying goodbye to her was ... ugh."

DENTAL IMPLANTS

$395* per Implant
+Post $595
+Crown $795
Total $1,785
*Implant, abutment & crown must be completed at our office to qualify for promotional fees
Speak with your Smile Today! Expires 10/31/12
Contemporary Dental Implant Centre
CONTEMPORARY DENTAL IMPLANT CENTRE
8 Convenient Locations
41st & Madison Avenue • Brooklyn
Valley Stream • Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park • Wall Street
CT Scan-3D Views of the Jaw now available at our Madison Ave. location.
FREE CONSULTATION
Over 2,000 implants placed each year.
NEW PATIENTS ONLY
Must bring in ad at the time of consultation.
CALL 212-269-9500 TODAY!
Se Habla Español
www.395DentalImplant.com
OPEN 7 DAYS A WEEK

Professional Foot Care Specialist

■ State of the art non-surgical treatment for foot and heel pain
■ Minimal invasive procedures for corrections of bunions and hammertoes
■ Weekend and evening appointments available
■ Most insurance plans honored
■ Free consultation ■ Non-injection therapy for heel pain
■ 1 2 3 A B C 4 5 6 N R
New Cutting Edge Laser for Toe Nail Fungus!
ONLY $500
Expires 10/31/12
Redeem with ad
Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
225 Broadway, Suite 1420
New York, NY 10007
212-385-3800
(Financial District)
Grand Central-Midtown
15 West 44 St. , 8th FL
New York, NY 10036
212-391-1279
375 Jay St., 2nd FL
Brooklyn, NY 11201
718-875-9251
(Metrotech)
Long Island Location
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023
Convenient Lower Manhattan & Brooklyn Locations!

Dressing the part

Sure, the cast of 'The Walking Dead' and the 'Carrie' remake were in attendance at New York Comic Con over the weekend, but costumed fans were the ones who truly stole the spotlight

GETTY IMAGES

▶ Chewbacca's taking a part-time gig as a Ghostbuster.

Silent Bob (not Kevin Smith)
▶ Hello, Jessica Rabbit!

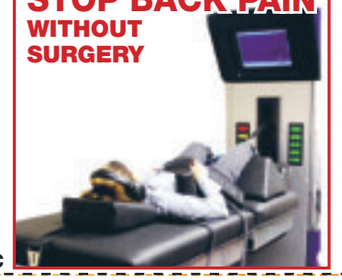
▶ Mr. Freeze says, "freeze"!

Leonidas
FRESH BELGIAN CHOCOLATES
ANNUAL BIG SALE
Now through Wednesday October 17th
Enjoy Leonidas Chocolates at Yesterday's Price:

$23 per lb.
Instead of $40
At participating NYC locations:
Leonidas 485 Madison Avenue (bet. 51st & 52nd)
Leonidas 3 Hanover Sq. (1 block South of Wall St.)
MANON *cafe* 120 Broadway (Cedar St. Entrance)
MANON *cafe* 74 Trinity Place (at Rector)
Chelsea Market Baskets 75 9th Ave (at 15th St.)
Just think of someone
1-800-900-CHOC
www.leonidas-chocolate.com

ACCIDENT?
CAR ACCIDENTS • MEDICAL MALPRACTICE • SLIP, TRIP & FALL ACCIDENTS
CONSTRUCTION ACCIDENTS • WORKERS' COMPENSATION • LEAD PAINT POISONING
• ALL OTHER ACCIDENTS •
FREE CONSULTATION
NO FEE UNLESS WE RECOVER MONEY FOR YOU
HOME & HOSPITAL VISITS
RORY M. SHECTMAN, ESQ.
445 PARK AVENUE, 9TH FLOOR, NY, NY 10022
(212) 889-2808

"TAKE THE PAIN OUT OF YOUR DAY"
Sports Medicine • Physical Therapy
Acupuncture • Massage
DO YOU HAVE:
Neck pain?
Wrist or hand pain?
Back pain?
Elbow pain?
Hip or leg pain?
Knee pain?
Shoulder pain?
Ankle or foot pain?

PINS & NEEDLES SENSATION OR TINGLING IN THE HANDS OR FEET? CARPAL TUNNEL SYNDROME??
347-934-9379
Most patients seen in 10 mins or LESS
MOST INSURANCES ACCEPTED
EMPIRE PHYSICAL MEDICINE & PAIN MANAGEMENT
551 5th Avenue (at 45th St.) Suite 525, NYC
DOWNTOWN SPINE, SPORTS & ORTHOPEDIC REHABILITATION, PC
65 Broadway / 47 Trinity Place, Suite 603
(Between Wall Street & Exchange Place)
STOP BACK PAIN WITHOUT SURGERY

Code C

Work Permits, SSN, ID and No Deportation for Young People
The Obama Kids

1. Did you arrive in the U.S. when you were under the age of sixteen?
2. Have you continuously resided in the U.S. for at least five years prior to June 15, 2012?
3. Were you physically present in the U.S. on June 15, 2012?
4. Are you now at least 15 years old?
5. Are you currently in high school or have graduated or have a GED or be an honorably discharged veteran?
6. Do you have good moral character?
7. Were you under thirty-one years old on June 15, 2012?

If yes, you may qualify for Work Permit, Social Security number, State Identification and Deferred Action Relief (that is relief from deportation)
Call Now: Salis Law P.C., 42 Broadway Suite 1133, New York, NY 10004 (By Bowling Green) 4 or 5 Train to Wall Street.
Tel: 1-212-655-5749, 212-514-6141, 212-810-7111, 212-542-0214
Fax: 212-742-0549 • Email: mail@salislaw.com

Good things come in pairs

Mean Creek provide listeners with a 'Youth Companion' Boston band talks growing up, 'Star Trek' and touring with Counting Crows

Two can be a lucky number. Boston-based Mean Creek release their second album, "Youth Companion," tomorrow, and after a hometown release show and a five-show CMJ blitz, the band embarks on their second 2012 stint opening for Counting Crows.

"We played a couple of venues with them that had 3,000 to 4,000 capacity, which were the biggest places we'd played," says frontman Chris Keene. "We learned a lot of how to be a live band. We're 10 times better as a live band since that tour."

"Youth Companion" is a little two-sided, too: It's thoughtful and anxious, has hints of careening classic rock as well as post-punk edge, and the title actually has two components. Youth is easily explained: The band's ages run from about 27 to 32, and they're leaving their wild youth behind — hence the first single, um, "Young and Wild."

"A lot of the record is about growing up and about being a young person," admits Keene. "But it's also about how that affects you and stays with you into being an adult, and how you change when you become an adult."

Which almost explains the 'Companion' part, or does it?

"This is kind of nerdy. That part was taken from a line in 'Star Trek.' The villain says something like, 'Time is the fire in which we burn' and [Captain Picard] says something like, 'Time is a companion that guides you and we should cherish every moment.'" Keene giggles at such deep space stuff. "Yeah, 'Star Trek' really digs deep."

LINDA LABAN
linda.laban@metro.us

WWW.KEENAPHOTO.COM

▶ Mean Creek actually appear quite nice. They play as part of CMJ on Wednesday at Fontana's (105 Eldridge Street), Thursday at Pianos (158 Ludlow Street), Friday at Bowery Electric (327 Bowery) and they're back again on Oct. 25 with Counting Crows at Roseland Ballroom (239 West 52nd Street).

Quoted

"A lot of the record is about growing up and about being a young person. But it's also about how that affects you and stays with you into being an adult." KEENE

It can happen anywhere

Including opening for Counting Crows, Mean Creek's New York City spree outplays their hometown shows six-to-one this month. It's not urban favoritism, though. For Mean Creek, there's no place like home.

"We don't have any desire to move. We want to be a band from Boston, from where we grew up," says Keene. "I don't think location matters that much creatively. We just write about things that happen, like personal things. Those things can happen anywhere."

NEVER SHAVE AGAIN
LASER HAIR REMOVAL SPECIALS!
• Lip, Chin, Or Underarms $50
• Upper Arms or Lower Leg $99
• Brazilian Or Bikini $99
• Full Face w/ Neck $150
• Full Leg Or Full Arms $150
• Back Or Chest $149
• Full Body $499
Eyebrow, Underarm, and Bikini Wax $45 (reg $125)
Spa Week $50 TREATMENTS
• Pumpkin Facial with Eye Treatment
• Microdermabrasion
• LPG LipoMassage Cellulite Reduction
• Slimming & Detoxifying Body Wrap
• 60 minute Aromatherapy Massage
"Best ways to lose weight!"
www.perfectbodyforlife.com
Nina's Day Spa & Laser Center
IN BUSINESS OVER 25 YEARS
5 West 35th St (Between 5th & 6th Ave)
www.ninasskincare.com
212-594-9610
NEW CUSTOMERS ONLY

RUSH PASSPORTS & VISAS
- Passport Renewals original/photos
- All Visas–All Consulates
- DMV/ License Plates
10% Discount with this Ad
IT'S EASY INC
30 Rockefeller Plaza, N.Y. Concourse level –A licensed private service bureau. Pick-up and delivery available
itseasyservices.com
877-33-ITS EASY
CALL TODAY
24 Hour Service Available

ARE THERE *REAL* REASONS TO BELIEVE IN JESUS AS PORTRAYED IN THE BIBLE?
Marty Pickup will present 5 lectures that provide evidence for faith in Jesus. Whether you believe the Bible or not, these lectures are compelling. This is a scholarly presentation examining common criticisms of the Bible.
Saturday – October 20
10 AM – Evidence: The Basis of Faith.
11 AM – The Historical Evidence for Jesus.
1 PM – Did Jesus Really Rise from the Dead?
Sunday – October 21
10:30 – The Canonicity of the Biblical Books.
11:30 – Did Jesus Fulfill Messianic Prophecy?
at the
Upper West Manhattan Church of Christ
Meeting at 891 Amsterdam Ave. @ 103rd
In the NY AYH Hostelling International.
For more information:
Call — 212-729-8356
www.uwmchurchofchrist.org

DENTAL CENTER
IN THE CHRYSLER BUILDING
42ND AND LEXINGTON
Invisalign Special
$3699 for a full treatment
$2699 for an express treatment
Please call for a consultation appointment.
www.kakosiandental.com
888-711-0267
Grand Opening
NEW OFFICE
204 East 35th St Bet 2nd & 3rd
Invisalign Special
$3699
for a Limited Time Only!!

If nothing is forever, then what makes amor the exception?

In his new short story collection 'This Is How You Lose Her,' Pulitzer Prize-winning author Junot Diaz muses on modern love

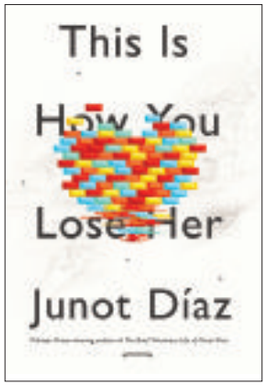
As tales of relationship redemption go, each of the nine relatable short stories in Junot Diaz's consummate collection "This Is How You Lose Her" triumphs. In nonlinear vignettes of brotherly, paternal and romantic love, his characters — who dig themselves into holes and then must grin through the grit and bear it — remind us of the power of self-preservation. While not explicitly present in every story, Yunior — at various ages — is at the core of them. As "the most awesome ex-boyfriend in the world" but a "terrible boyfriend," he never comes out the victor in a traditional sense but he proves to be a survivor — continuously learning from his mistakes.

What are the roots of his indiscretions and inadequacies? Diaz suggests that immigrating to the U.S. from the Dominican Republic and witnessing death at an impressionable age contribute to Yunior's commitment-phobia. "Part of the art [of writing] is not to look at the most obvious answer," Diaz says. "When I think of what's wrong with Yunior, I think: Make a list of the things he's lost." That laundry list — not limited to losing his brother to cancer, his own youth to the responsibilities that beckon afterward and his girlfriends to his vices — doesn't excuse Yunior's flawed, sometimes chauvinistic behavior. But Diaz doesn't judge or shame him for it either; rather, he acknowledges that the person hurt most by a cheater is himself. We sympathize with Yunior, transgressions and all.

Through interrogative second-person narration and colloquial language peppered with Spanish, the Pulitzer Prize-winning author authentically captures Yunior's cultural and emotional dualities. We get real with Diaz about falling in love — and getting back up again.

NINA SUBIN

▶ Diaz reads Oct. 23 at 7 p.m. at BookCourt, 163 Court St., Brooklyn.



Quoted

"My feeling has always been: If you're in pain, the only thing that you can do is feel it. If you're overwhelmed by loss, the only thing you can do is be overwhelmed."

JUNOT DIAZ, ON MOVING ON

How did you tap into Yunior's various life stages, which feel raw and identifiable?

I wish that I could say that I had a secret or that it came easily, but what ends up happening is that I spend a lot of time steeping in my characters, steeping in their moments. And in fact, I always think that I could do better.

Having written a character who repeatedly fails at monogamy, do you yourself believe in it?

I think it's difficult, but I think: God, what isn't difficult? Given how easy it is in our culture to jump out, it makes that struggle all the more difficult. I think the debate is how honest we can be with ourselves with other people. Most of the time we just hurt the other person rather than talk to them. Don't you think a lot of our views of the world are not very clear-minded, that we tend to be thinking from our place of hurt? We're hurt, so we tend to have a more shrunk-down, impoverished view.

In your final story, you say the half-life of love — the length of time it takes to let go when a relationship ends — is forever. Have you at least found an effective prescription for moving on?

Heartbreak is one of our great challenges, and enduring it really defines our character. My feeling has always been: If you're in pain, the only thing that you can do is feel it. If you're overwhelmed by loss, the only thing you can do is be overwhelmed. It's sort of simplistic, but I've never found anything else that worked.

GINA ANGELOTTI
gina.angelotti@metro.us

PAIN FREE DENTISTRY
Smile Arts of NY
Open Weekends & Evenings
call (212) 537-6923
Missing Teeth? We offer Pain Free Solutions
Flexi Dentures
Metal Free
In as little as 2 appointments
$1,600
$999
Laser Teeth Whitening
$1 ZOOM! Advanced Power
(w/check-up and cleaning*)
*covered by your PPO dental plan.
Up to 12 Shades Whiter in just 1 Hour
Mini-implants
• Advanced Technology
• Thinner implants
• Replace missing teeth in 1 hour
• No Bleeding • No Sutures
• No Cutting Gums
Free Consultation (expires 10/30/2012)
Interest free payment plans as low as $99/month. Poor credit history ok
PPO Dental Insurances accepted (No Medicaid)
30 East 40th St. suite #105 (between Madison and Park ave.)
(212)-537-6923 • 1 block from Grand Central • www.SmileArtsNY.com

New York City's Premiere
Medi-Spa and Wellness Center

Searching for answers to life?
SCIENTOLOGY
KNOW YOURSELF. KNOW LIFE.
COME IN TODAY • EVERYONE WELCOME
CHURCH OF SCIENTOLOGY NEW YORK
Open 9am–10pm 7 days a week
227 West 46th Street • (212) 921-1210
www.scientology-newyork.org
© 2012 CSI. All Rights Reserved. Scientology is a trademark and service mark owned by Religious Technology Center and is used with its permission.

manhattan total health
SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY
Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090
Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127
West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140
Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868
www.manhattantotalhealth.com

mywellbeing

Yoga pose of the week

'Kapalbhati' Skull Shining Breath:

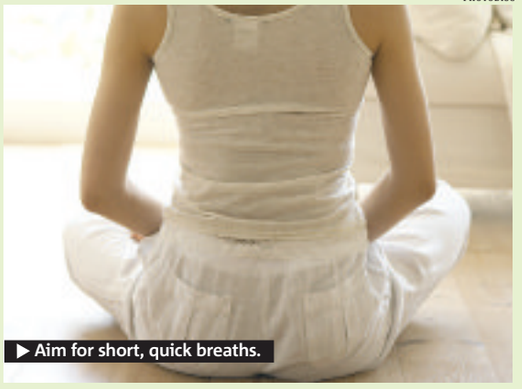
This week, let's take things back to the most basic element of yoga: your breath. This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

Directions:

- Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
- Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs. Repeat 10 times at about one exhale-inhale cycle every second or two. Do 25 to 30 cycles at first, eventually increasing this to 100.

ROMINA MCGUINNESS

PHOTODISC



Aim for short, quick breaths.

When is it time to ditch a frenemy?

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

WWW.NOVEL-PERSPECTIVE.COM

COMSTOCK

It's hard to build a relationship when there's no trust.

What separates friend from "frenemy" is the presence or absence of one essential ingredient: trust.

Trust is the litmus test of any relationship, period. Without trust, there can be no (healthy) relationship. So if you want to distinguish friend or foe, start by asking yourself, "Do I trust this person?"

If your primary response was "no," ask yourself "why?" Was it something this person did or said? If so, and the incidents were minimally to moderately upsetting, try testing your distrust by discussing your feelings with your friend, using specific examples whenever possible. How this conversation goes should be good indicator of whether the friendship has mettle.

Now if your gut response to my suggestion is "there's no way I'm doing that," perhaps the trust issues run deeper. Still, it doesn't mean you need to cut the friendship off entirely. Old friendships are usually harder to sever than newer ones, and so long as they aren't toxic, may be worth preserving while minimizing contact.

Are there times to "ditch a frenemy?" Yes. Obviously, if your best friend sleeps with your boyfriend, it's time to say goodbye (to both). But it need not be so extreme. In the way that dead leaves sap the vitality of houseplants, people can benefit from pruning friendships that drain esteem nutrients and prevent growth.

If you feel like your so-called friend constantly undermines, competes with or disrespects you, there's no reason to torture yourself — even for the sake of old times. You can either declare your intention ("This friendship isn't benefiting either of us, so I'm ending it now") or disappear quietly and gracefully. Either way, you're being a good friend to yourself.

— Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City. This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to the content of this column, please make an appointment with a licensed mental health professional. E-mail Kim your questions at askkim@metro.us.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

FREE
VEIN
SCREENING
Varicose Veins
are not just a cosmetic issue. There are solutions that are covered by most insurance providers.

Wed, Oct. 24th 5:00 - 7:00pm or Wed, Nov. 7th 5:00 - 7:00pm

Please Call to Register
1-877-863-6873

NEW YORK CARDIOVEIN
275 7th Ave. 3rd Fl
New York, NY 10001

Straight White Teeth
for $99/Month*
invisalign
Ortho99.com™ 212-779-3491
Top invisalign Provider • Braces • Snap On Smile
Zoom Whitening • Extreme Smile Make Over™
Call or visit Ortho99.com™ for details.
*Expires 10/31/12 - Limitations apply, must qualify.

Receive personal attention from a Board Certified Podiatrist*
New Patient Offer:
FREE FOOT EXAM
Precision Footcare: Dr. John Jurcisin
MOST INSURANCE PLANS ACCEPTED
BEFORE WORK, LUNCH HOUR AND EVENING APPOINTMENTS AVAILABLE
Established in Manhattan for over 20 years
Bunions
Warts
Fungus Nail
Nerve Pain
Custom Inserts
Hammertoe
Heel Spurs
Ingrown Toenails
Cysts
Ulcers
We treat corns, calluses and foot problems
212-750-8344
www.precisionfootcare.com • 133 East 58th • Suite 506 • NY, NY 10022

Join us for FALL 2012 SPA WEEK!
SpaWeek
October 8 – 31, 2012
$50 spa treatments
CHOOSE 1 OR MORE:
$50 SPA WEEK SPECIALS
• Slimming Body Wrap with Mini Facial
• Fat Blaster: Dissolves fat, tightens and decreases cellulite, Permanent and Painless
• Professional Teeth Whitening • One-Hour Body Massage
• Laser Hair Removal (choose one): Neck, 1/2 Arms, Face, Underarms, or Bikini
• Microdermabrasion
$20 RECESSION SPECIALS
• Wash and Blow Dry
• Manicure and Pedicure
• Full Leg Wax
• Brazilian Wax
$99 LASER SPECIALS
• Fractional: Reduce Acne Scars, Face Area
• Full Leg Laser
• Brazilian Laser
• Back or Chest Area Laser
Cannot be combined with existing packages
180 7th Avenue South • West 11th & Perry St.
(212) 229-0399

The dangers of your medicine cabinet habit

Using prescriptions as hall passes to self-medicate is the new norm

Look no further than your own medicine cabinet for the source of our nation's fastest-growing drug problem, which the CDC classifies as an "epidemic."

"A lot of medications are highly addictive," says registered pharmacist Todd Brown, MHP, R.Ph., who is the vice chair of the Department of Pharmacy Practice at Bouve College of Health Sciences at Northeastern University. "That's particularly true of the ones we use for pain. They're structurally related to heroin and, like heroin, they're addictive. They produce a euphoria and it's a normal reaction for the brain to want to repeat that euphoria."

Highly addictive medications are controlled substances and are labeled. "If it has that sticker that prohibits transfer" — i.e., it is illegal to give away or sell the medication — "it is an addictive drug," says Brown.

How do we know if we are addicted? "If you are looking to take more than the prescribed amount, then it could be addiction," he says. "Or, [if] the medications aren't working. In that case, go back to your doctor. Do not just take more frequent or higher doses."

If you suspect a friend or family member is abusing medications, Brown says watch for behavioral changes and know that addicts are often unaware or in denial of their chemical dependence.

"If they're moody, depressed or anxious, or if they're looking for your medications, that's a sign. Confronting them and suggesting they get professional help is one option. But if you can't confront them, contact the prescriber and alert them of your suspicions. Then they can monitor. Another option is to go to your pharmacist and ask for their advice."

LINDA CLARKE
letters@metro.us

Not just grownups

The Community Anti-Drug Coalitions of America and the Consumer Healthcare Products Association, which includes U.S. manufacturers and distributors of over-the-counter medicines and supplements, are using National Medicine Abuse Awareness Month to raise parental awareness about prescription and OTC medicine abuse by teens. "It's now common teen behavior to go through the house, or through relative's medicine cabinets, looking for medications," says Brown. "Medications need to be in a secure place."

▶ October is National Medicine Abuse Awareness Month, a campaign that highlights the growing problem of drug abuse and addiction — not street drugs, however, but the mounting problem of addiction to oft-prescribed medicines.

LOOSE DENTURES? MISSING TEETH?
IN ONE SHORT PROCEDURE YOU CAN HAVE
STABLE DENTURES AND A GREAT SMILE
With innovative and economical mini dental implants you get immediate results.
Enjoy your favorite foods right away.
FREE CONSULTATION
1-800-634-1945
Queens, Jackson Heights
www.a-dentist.com
NEW TECHNOLOGY AS SEEN ON TV

STILL COUGHING?
BETTER MAKE SURE IT'S NOT SERIOUS.
Walk-ins Welcome!
Conveniently Located at E. 51st & 3rd Avenue
MEDICAL OFFICE OF MANHATTAN
Better Doctors for a Better You.
WE ACCEPT: 1199, AARP, Aetna, Americhoice, Blue Cross Blue Shield, Cigna, Emblem (GHI) Elder, HealthNet, Health Care Partners, HIP, Magnacare, Medicare, Oxford, United Health Care, WellCare, Nippon, Empire Plan, Fidelis, Metroplus, UMR, and MVP.
211 East 51st Street | 212-398-1709 | www.momnyc.com

LASIK Deal of the Week
$1895 for LASIK Surgery for Both Eyes ($4,000 value)
VALUE $4,000 DISCOUNT 53% YOU SAVE $2,105
•Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
• 50,000 + LASIK Surgeries performed
• Tri-state's only center with 4 different lasers to best customize your LASIK
0% FINANCING
Call Today for a 212.759.9617
FREE consultation!
MANHATTAN LASIK CENTER NEW JERSEY
www.SeeLasik.com
* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom-S Bladeless Lasik. Some restrictions may apply

mywellbeing

Benefits of the four-day workweek

Taking a 'gardening leave' one day a week will benefit employers and employees, new report claims

We should be gardening instead of working on Friday, a British think tank has claimed. The "National Gardening Leave" report from the New Economics Foundation demands that employers introduce a four-day week and growing areas for staff to tend.

"The four-day week has huge benefits for employers," report author Andrew Simms told Metro. "Studies show lower absentee rates and a more motivated workforce, and the business saves money by shutting down for a day." A trial in Utah slashed absentee rates by 14 percent, saving millions of dollars, while the practice has become common in Germany and the Netherlands.

"For women, especially high-level executives, a shorter week is the only way to balance work and family life." ANDREW SIMMS

The benefits for workers are more obvious with reduced stress and more free time, Simms says: "For women, especially high-level executives, a shorter week is the only way to balance work and family life."

The report does not suggest gardening should be mandatory, but claims the activity has uniquely wide-ranging benefits including mental and physical health, community cooperation and improving the urban environment by creating green spaces. Simms says gardening is the "new rock and roll," with a cross-demographic appeal shown by growing popularity in inner-city areas.

Learn by example

The Thorntons Budgens convenience store in North London has developed a roof garden, and manager Nathalie Quinn told Metro it has transformed the business.

"We have our meetings on the roof and it enables us to get some fresh air, relax and see things from a different perspective," Quinn said, adding that "we have a mixed cultural background here and it has helped us connect as a team."

KIERON MONKS
METRO WORLD NEWS IN LONDON

THORNTONS BUDGENS/THORNTONS BUDGENS

▶ Staff at the Thorntons Budgens convenience store in North London have their meetings on the roof, enabling workers "to get some fresh air, relax and see things from a different perspective," manager Nathalie Quinn says.

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN
CERTIFIED BY THE AMERICAN BOARD OF PHLEBOLOGY
• VNUS Closure
• Foam Sclerotherapy for spider veins
• EVLT Laser Treatment
• Asclera
Resume to normal activities within a day
Most Health Insurances accepted
Anesthesia available for your comfort
© Netter illustration used with permission of Elsevier, Inc. All rights reserved. www.netterimages.com
HABLAMOS ESPAÑOL
Tel: (212) 204-6501
ГОВОРИМ ПО-РУССКИ
Visit our website for more detailed information: www.TreatmentsOfManhattan.com
DOWNTOWN - 111 John St., Ste. 1450, New York, NY 10038 (Btwn Cliff & Pearl St.)
Nearest Transit: Fulton St. 2 3 4 5 A C J Z Neighborhood: Financial District

CAMPAIGN FOR A NEW JOB

Starting your search? Take some cues from those running for the country's highest-profile gig

A job search isn't that much different from a political campaign: You must outline a plan for your future and be able to clearly convey your qualifications to potential employers. And although you may not be sweating under the hot lights of a prime-time debate, it can certainly feel like it during an interview. That's why it's best to have a campaign strategy.

Get a feel for the field

You need to understand more than just your goals and strengths — you must also understand how your opponents and employers operate. "As with debate preparation, you need to know how the other side thinks," says author and career expert Tracey Wilen-Daugenti. "Research hiring managers, your possible boss and the company itself using online information and social network profiles."

Count on your volunteers

Don't be embarrassed to hit up your network and let them know that you're looking to fill a new role at the right company. "Just as politicians rely heavily on their supporters, so should you," says Uva Coles, dean of Career Management Services at Peirce College. "Reach out to those in your circle of influence. Ask them to spread the word about who you are and what you are looking for."

Perfect your image

From their flag pins to their blow-outs, those running for political office put a great deal of effort into presenting the right image. "Dress the part when you are networking at trade shows, meetings or other events," says Bill Corbett, president of Corbett Public Relations. "Be sure to have a quality photo on your LinkedIn profile," he adds.

▶ Image-savvy politicians have meticulous campaign strategies — and you should, too.

CREATAS

What about those photos from last night online? "There is nothing wrong with personal photos online," says Corbett. "However, if you have doubts about how you appear in an online photo or video, take it down." Besides, if you're running for president one day, that photo may not be so harmless after all.

JULIA WEST
letters@metro.us

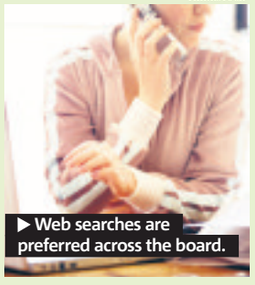
Trends

Age matters in the job hunt

For Millennial Branding's latest research study, we partnered with Beyond.com to survey 5,268 job seekers across generations, including Gen Y (ages 18-29), Gen X (30-47) and Baby Boomers (48-67). While we found that all job seekers are spending most of their time searching online, regardless of age, there are generational differences. Here are some of the more interesting findings:

Generation Y: Gen Y spends more time checking their online reputations than older generations. They are more optimistic about finding a job, are finding jobs relatively quicker and value workplace flexibility. Relative to older generations, they are considering going back to school or starting businesses as an alternative to finding a job. The quality that Gen Y values most in an employer is location, followed by meaningful work.

THINKSTOCK



▶ Web searches are preferred across the board.

Generation X: This age group values job security and has suffered more stress and frustration due to unemployment relative to others. While 72 percent of those surveyed are stressed out from work, 44 percent are depressed from not finding work. Aside from job security, they are looking for employee benefits such as health care.

Baby Boomers: The Boomers prepare for interviews by reviewing the company's website and are more inclined to search for news about the company they are interviewing for. Boomers aren't as interested in starting companies or going back to school.

*— **Dan Schawbel** is a Gen Y career expert, the founder of Millennial Branding and the author of "Me 2.0."*

Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY
• HHAs • PCAs Immediate Work
Earn up to $14.91/HR
Call (516) 227-3400
60 Hempstead Ave, Suite 215,
W. Hempstead, NY 11552 EOE
$600 Sign-On *BONUS Live-In Aides in Nassau County
Personal Touch ...the people with a heart!

CERTIFIED HHA'S/PCA'S
$140/Day & Up for Private Pay Live-Ins
Join Us for our OPEN HOUSES
Wed, October 17, 9am-2pm
WESTBURY, RIVERHEAD & RONKONKOMA
LIVE-IN WORK AVAIL• Nassau & Suffolk! Training Avail • All Shifts • Agency exp. Active HHA or PCA cert • Recent Lic
• 900 Merchants Concourse, Ste 410,Westbury 516-292-1500
• 3075 Veterans Memorial Hwy, Ste 180, Ronkonkoma 631-979-8009
• 307 E Main St. Riverhead 631-591-3955
• RNs & LPNs Shift Work Avail
PREMIER EOE home health care services, inc.

Make a difference in your life ...and theirs!
CERTIFIED HHAs
Immediate FT & PT Cases Avail
ALL AREAS IN QUEENS, NASSAU, SUFFOLK & WESTCHESTER
Hospice experience a plus!
COMPETITIVE SALARY & BENEFITS
$100 Sign-On Bonus (with complete package)
•Queens Ph: 718-520-8320
•Westchester Ph: 914-654-0003
•Nassau Ph: 516-798-6688
•Suffolk Ph: 631-360-0066
RECCO HOME CARE SERVICES, INC

MTA New York City Transit
• COMPREHENSIVE MEDICAL PLAN • PENSION PLAN • PAID HOLIDAYS/VACATIONS
• PROMOTIONAL OPPORTUNITIES • FREE NYC TRANSIT TRANSPORTATION PASS
REVENUE EQUIPMENT MAINTAINER
(Electronic Equipment Mechanic)
EXAM NO. 3601 FILING DATES: October 3, 2012 - October 23, 2012 APPLICATION FEE: $82.00 (non-refundable)
SALARY: $32.915 per hour for a 40-hour week
JOB DESCRIPTION: Repair and maintain bus and subway Automated Fare Collection Equipment, including turnstiles, booth terminal equipment, MetroCard vending machines and bus fare-boxes.
EDUCATION & EXPERIENCE REQUIREMENTS: By the last day of the Application Period you must have:
• Three years of journey-level experience in maintaining and repairing equipment incorporating microprocessors and related electronic equipment AND
• Graduation from a trade, technical/vocational school OR an Associate's Degree in electrical, electronic, electromechanical or computer technology.
PLEASE REFER TO THE NOE FOR OTHER ACCEPTABLE COMBINATIONS OF EXPERIENCE & EDUCATION.
CAREFULLY READ THE NOTICE OF EXAMINATION (NOE) BEFORE APPLYING. THE NOE CONTAINS ALL EXPERIENCE AND EDUCATION REQUIREMENTS INCLUDING DRIVER'S LICENSE INFORMATION.
TO OBTAIN NOE & FILING PACKAGE:
• Visit http://www.mta.info/nyct/hr OR
• In person, pick up the application package at MTA NYCT, 180 Livingston Street (Lobby), Brooklyn, NY 11201. Monday through Friday, 9 AM to 3 PM.
Call the Exam Information Hotline for more information: (718) 566-JOBS (5627)
MTA New York City Transit
Follow us on: Twitter.com@NYCTSubwayScoop
Facebook: MTA New York City Transit
www.mta.info/nyct/ EOE M/F/D/V

Letters

letters@metro.us

Debates should address more important issues

RE: "PRESIDENT OBAMA NOT CENTRIST NOR PROGRESSIVE" (METRO, OCT. 12-14) The only thing I concur with news columnist Gregory Kane on is the title of his column. President Obama in fact regularly picks up old right-wing positions and pushes them only to be outflanked to the right by the GOP's "populist" reactionaries whose main agenda seems to be stopping the U.S. government from helping America's poor and middle class. It's shameful that Metro continues to allow Gregory Kane to subject its readers to this tormenting of reality. It's also unfortunate that our national debates are limited to two parties. I suppose if the people never get to hear progressive ideas, they will never move toward sustainability. I want to hear what the candidates will do to address global warming and building a sustainable society.

TIMOTHY LOGAN, VIA E-MAIL

Not everybody needs somebody

RE: "YES, YOU WANT A RELATIONSHIP: AND THAT'S OK" (METRO, OCT. 11) No, Amber Madison, relationships are not four-letter words, but neither is not having one. The idea that people are unhappier out of relationships than when in one begs the question of why they're unhappy. Just because the sun sets when the street lights go on does not mean the latter causes the former. Darwin was a spokesman for the species, not necessarily for the individual. What sets man above the other animals is his reason, the ability to rise above instinctual needs. The idea that the likes of Schopenhauer (proponent of empathy), Beethoven ("Ode to Joy"), Mother Theresa and Gandhi show an incapacity for love is a bit jarring. Sometimes the "significant other" is man, art, a hobby, science or an abstract idea.

FRANK DE CANIO, VIA E-MAIL

Tax cuts to wealthy exercise in futility

Why do most or some of the 99 percent of Americans believe that the best way to get this economy back on track is to give another huge tax break to the wealthy? The Bush tax cuts for the wealthy did absolutely nothing for the economy. Are we that gullible to go down that road again? Bush and the Republicans did not get it right when they were in charge, even though they controlled the Senate for six of those eight years.

DENNIS NASCIMENTO, VIA E-MAIL

Porn's not all fun and games

RE: "PORN'S A SLIPPERY SLOPE INTO PROBLEMS" (METRO, OCT. 12-14) Letter writer Annie Ferris said, "Women's bodies are so abused that they are permanently ruined at unbelievably young ages. The 'actors' are often involuntary participants, being forced into it for any number of reasons." In addition to that Metro four-page porn spread about "pleasure," the FRONT PAGE was a picture of a woman tied up, followed by third-page news that rapes and sex assault crime rates against women are ALSO increasingly prevalent. Coincidence?

LISA PAPARO, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Anything that is presently running smoothly should not be disturbed at this time, even if you think it should be doing better. Be patient, it will eventually improve much more in time.

♏ Scorpio **Oct. 24-Nov. 22.** If you haven't been too impressed by the way an associate has been handling a joint endeavor, this is good day to start calling the shots. Implement those marginal changes that need to be made.

♐ Sagittarius **Nov. 23-Dec. 21.** It behooves you to flow with events, because Lady Luck will be trying to put you in the right spot at the right time. Just relax and let the rewards come to you.

♑ Capricorn **Dec. 22-Jan. 19**. Strive to be optimistic and expectant and don't be afraid to think big. The only things holding you back are the limits you put on your thinking.

♒ Aquarius **Jan. 20-Feb. 19.** You are presently under some influences that could enhance your status and popularity with your peers. Continue to operate the way you've been, because it adds luster to your image.

♓ Pisces **Feb. 20-March 20.** It isn't likely that you would make the same types of mistakes some of your peers are making. You've profited from your past experiences.

♈ Aries **March 21-April 19.** If you and your partner put your heads together, you'll be able to come up with a way to generate a profit from an unusual source. Explore all options.

♉ Taurus **April 20-May 20.** In matters that affect more than one of your colleagues, base your final decision on collective reasoning instead of just your own, even if it isn't perfect.

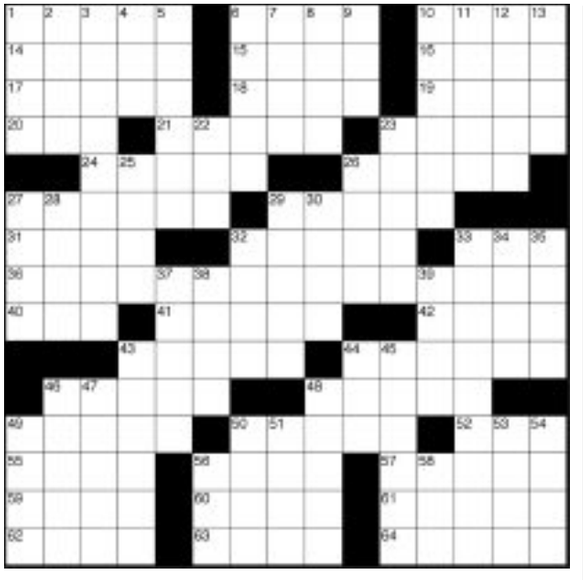
♊ Gemini **May 21-June 20.** You could be very clever about figuring out ways to fulfill an ambitious objective. Even having numerous goals won't put you at a disadvantage.

♋ Cancer **June 21-July 22.** If certain things in your life haven't been running as smoothly as you'd like, this is an excellent day to reorganize your affairs. Put your dealings in order for maximum efficiency.

♌ Leo **July 23-Aug. 22.** Take advantage of this unusually effective time and tackle that tough job you've been putting off. You won't find a better day to take on difficult tasks.

♍ Virgo **Aug. 23-Sept. 22.** Because you're such an astute thinker, the ideas you conceive will have unusually high probabilities for success, even those that take a bit of time to develop.

BERNICE BEDE OSOL



Across
1 Beau
6 Get ready for a trip
10 Course of events
14 Search party
15 Story-telling dance
16 Horse color
17 Terra- —
18 Where Tabriz is
19 Off-kilter
20 Carthage loc.
21 Deliver a message
23 Goddess of the hunt
24 Bakers' musts
26 Helsinki citizens
27 They're history
29 Sheds
31 Hound's trail
32 Sleight-of-hand
33 Male parent
36 Smelly treat (2 wds.)
40 Susan of "L.A. Law"
41 Moxie
42 Alice's chronicler
43 — in (begin use)
44 Clergyman
46 Aquarium denizen
48 Torturer of Prometheus
49 TV deletion
50 Ostrich feather
52 Mover's truck
55 Banister
56 Give away
57 Sister's girl
59 "— do for now"
60 Focal points
61 "The Velvet Fog"
62 Plateau
63 Little child
64 Nasty laugh

Down
1 Humane org.
2 Pooch's comment
3 Sagan's field
4 Hobby ender
5 Closer
6 Gramm and Esposito
7 Mystique
8 Sticky soil
9 Okla. neighbor
10 Travel options
11 Dubuque native
12 Mild expletives
13 "Watermark" chanteuse
22 Annapolis grad
23 Gully
25 "Make" or "break"
26 Paris cop
27 Olympic medal metal
28 "Garfield" pooch
29 Writer — Binchy
30 Fairy-tale heavy
32 Bosses, briefly
33 Hang tough
34 Fjord city
35 Unskilled laborer
37 Out of it
38 True
39 Justice — Warren
43 Saffron dish
44 Ms. Shriver
45 Ten-percenters
46 Roof topping
47 Armstrong and Sedaka
48 Ragtime's — Blake
49 Fedora feature
50 Maneuver
51 Shortage
53 Peak
54 — -do-well
56 Diner sandwich
58 Lightning by-product

2			1	9				
		9		5	7			3
	4	5	3					
7	6	8				1		
4								5
		1				2	6	4
					1	7	8	
8			4	2		3		
				8	6			2

SUDOKU **LEVEL: EASY**

8								
	1	4	6	7	8			
		7		5		9		8
2				6		8		
	7		8	9	4		3	
		5		2				6
5		1		8		6		
			7	1	2	5	8	
								9

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to weekend's crossword

To advertise — phone: 212-457-7735; email sales: advertising@metro.us

METRO NEW YORK | **Editor in Chief:** Tony Metcalf, tony.metcalf@metro.us @edinchief metro | **Managing Editor:** Amber Ray, amber.ray@metro.us | **City Editor:** Carly Baldwin, carly.baldwin@metro.us | **Sports Editor:** Mark Osborne, mark.osborne@metro.us **Books/Parenting/Gossip Editor:** Dorothy Robinson, dorothy.robinson@metro.us **Home/Style/Food Editor:** Tina Chadha, tina.chadha@metro.us | **Film/Tech/Dating Editor:** Heidi Patalano, heidi.patalano@metro.us | **Wellbeing/Going Out Editor:** Meredith Engel, meredith.engel@metro.us | **Travel/Music Editor:** Pat Healy, pat.healy@metro.us **Careers/Education Editor:** Monica Weymouth, monica.weymouth@metro.us **Copy Cheif/Theater Editor:** Tracie Michelle Murphy, tmichelle.murphy@metro.us

As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries • **Metro New York** 120 Broadway, New York, NY 10271 • **main:** 212-457-7790 • **sales fax:** 212-952-1505
National and Executive Sales Director Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **e-mail sales:** advertising@metro.us • **distribution** e-mail: distribution@metro.us
Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.
Certified Audit CAC of Circulations metro

BRUCE BENNETT/GETTY IMAGES

▶ Joe Girardi flipped out on umpire Jeff Nelson after Robinson Cano tagged out Omar Infante at second base, but Nelson called him safe. The Tigers went on to score two runs in the inning. Girardi called for expanded replay postgame.

YANKS LOSING IT

▶ New York falls behind 0-2 in ALCS after shutout loss to Detroit ▶ Girardi ejected in eighth after umpire blows call ▶ Hitting woes continue for many

The Yankees said all the right things about how they have bounced back during the regular season and how they can do so even as they are two games away from elimination.

While it is possible, it seems unlikely after watching the Yankees struggle again to make contact during a 3-0 loss to the Tigers in Game 2 of the ALCS.

"It's happened to this team before," Alex Rodriguez said. "I think it would be more puzzling if it never happened. I'll tell you what, we've overcome a lot of adversity and we'll do it again."

.205 The Yankees' batting average through seven games this postseason is a measly .205 — and just .192 in the ALCS

"I know we have a great team," Robinson Cano said. "This is not about one guy."

The Yankees managed just four hits and three walks against Anibal Sanchez and Phil Coke. As in the sixth inning against Doug Fister in Game 1, they struggled against Sanchez's breaking pitches.

"We have to make adjustments," manager Joe Girardi said. "You have to make adjustments. We know what they are doing to us. You have to make adjustments. They are not going to put it on a tee for us. We know that. We are more than capable of scoring runs and have done it a number of times."

This time there was no Raul Ibanez to save them. Ibanez had one of the hits and two of the walks but his clutch play has merely masked the lack of production from Cano, Rodriguez, Curtis Granderson and Nick Swisher.

Cano was 0-for-4 with four groundouts, dropping him to 2-for-28 in the postseason and hitless in his last 26 at-bats — a playoff record. Rodriguez was cheered in his first at-bat, almost as if they were imploring him to get a hit, but he was 1-for-3 with two strikeouts against Sanchez.

"It is what it is," Russell Martin said. "We're down 0-2 and we've bounced back before."

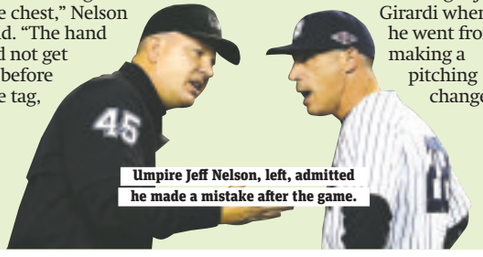
LARRY FLEISHER
sports@metro.us

Ump admits blown call

Robinson Cano estimated that Omar Infante was out by about five feet despite second base umpire Jeff Nelson ruling otherwise on a play in the eighth inning that led to two insurance runs.

Given an opportunity to see a replay, Nelson agreed that he did blow the call.

"I had the tag late and the hand going into the bag before the tag on the chest," Nelson said. "The hand did not get in before the tag, the call was incorrect."



Umpire Jeff Nelson, left, admitted he made a mistake after the game.

Nelson later ejected Yankees manager Joe Girardi when he went from making a pitching change to argue the call. Girardi saw a replay during the game after it occurred and expressed his frustration at the lack of replay to overturn these calls.

"He hustled, he tried to get there. I understand that, but it's an easy thing. It takes 30 seconds. It's easy. You hear how quickly a crowd reacts," Girardi said. "In this day and age, when we have instant replay available to us, it's got to change." METRO/LF

GETTY IMAGES

▶ Jeter

Jeter might need surgery

If the Yankees are going to come back, they won't even have their captain to cheer them on.

Derek Jeter was not with the team yesterday because he was scheduled for further testing after breaking his left ankle. It is unlikely he will travel to Detroit either as a precaution against swelling in the ankle.

The team has yet to determine whether Jeter will need surgery to repair any ligament damage, though ESPN reported it appeared likely.

"[It's] similar to anyone who breaks his ankle," Girardi said. "You are going to have an MRI to see if there is ligament damage [and] if they need to do more than just cast it. I don't really have any more information for you except that he said he still feels great." METRO/LF

3

SPORTS@METRO.US

GOT AN OPINION? SEND US YOUR THOUGHTS

QUALITY DENTURES AND DENTAL IMPLANTS THE SAME DAY

NEW PATIENT PACKAGE
MAINTENANCE CLEANING DIGITAL X-RAYS $89
With this ad only. One per patient. First visit only. Coupon expires 10-31-12

• Full Service Dental Office
• Repairs & Relines While-U-Wait
• Dental Implants • Crowns & Bridges
• Cosmetic Dentistry
• Senior Citizen Discounts

NEW PATIENTS ONLY
ONE DENTURE RELINE $194
With this ad only. One per patient. First visit only. Coupon expires 10-31-12

Herald Square Dental THE DENTURE CENTER

Featured on: TopDoc America
Free Consultation • Most Insurance Welcome

212.689.0024 www.heraldsquaredental.com

224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)

LOOSE DENTURES? NY's Place for Confident Smiles - Since 1977
AFFORDABLE, QUICK & EASY
• Leaves palate uncovered • Prevents rubbing & soreness
• No more messy adhesives

Giants beat Niners in easy fashion

The Giants used the cliched rallying cry that nobody believed in them, despite being defending Super Bowl champions, and by the looks of their dominating 26-3 win over the 49ers, that now seems patently absurd.

The Giants (4-2) took a 7-3 lead at the 10:04 mark of the second quarter when Eli Manning found Victor Cruz for a 6-yard touchdown, and never looked back, as the 49ers (4-2) uncharacteristically made key blunders, including three picks by Alex Smith. TONY WILLIAMS

GIANTS 26 | 49ERS 3 **Up next: vs. REDSKINS** **Oct. 28: at COWBOYS**

▶ Antrel Rolle picked off Alex Smith twice as the Giants defense hounded the San Francisco quarterback all day.

What went right ...

1 **Keep on running** — Ahmad Bradshaw was brilliant for the second straight game, rushing for 116 yards and a touchdown on 27 carries.

2 **Pressure packed** — Finally the Giants defensive line got pressure on a QB. Jason Pierre-Paul had two sacks and the team had six.

3 **Mistake-free** — The Giants made virtually no mistakes. They weren't sacked, had no interceptions and no fumbles. METRO

Medical Research

Check out Metro's Online Medical Research Directory at www.ziptrials.us

metro

To place an ad call Brett Lurman at 212-457-7753 or email brett.lurman@metro.us

We are looking for men and women who have Bipolar Disorder

If you have a diagnosis of Bipolar Disorder and are at least 18 years of age, you may be eligible to participate in a research study involving tests of concentration, memory, and thinking.

The study will involve an interview, pencil and paper and computerized tests and will last approximately 3-5 hours. Qualified participants will receive $100.00 for participating.

For more information call: Carly Solon, Study Coordinator, Laboratory of Neurocognition, Mount Sinai School of Medicine, (212) 659-9238

WANT TO STOP USING COCAINE?

Albert Einstein College of Medicine is looking for cocaine dependent volunteers who are age 18 to 65 to participate in a research study. Eligible participants will receive up to 8 weeks of no-cost intervention that may include medication and "talk" therapy. Compensation for time and travel available.

FOR MORE INFORMATION, PLEASE CONTACT ANDREA OR MATTHEW AT THE RESEARCH OFFICE.

347-493-8555

The City University of New York 138th & Broadway

RESEARCH STUDY

ARE YOU A MAN OR WOMAN WHO HAS EXPERIENCED VIOLENCE? DO YOU USE ALCOHOL OR DRUGS TO COPE?

Free, one on one counseling
An opportunity to receive compensation

RESEARCH TREATMENT STUDY AT THE CITY COLLEGE OF NEW YORK. INDIVIDUAL THERAPY SESSIONS. SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT.

Call for a FREE evaluation:

212-650-5177

Are you a thin, healthy woman between the ages of 16-45?

You can help us learn about exercise, thinking, learning, and the brain! We are conducting several studies at Columbia University Medical Center and you can contribute to research, and receive $$$

For more information please call 212-543-5739

DIRECTORY

Legal Services

To place an ad call Jennifer Clark at 212-457-7834 or email jennifer.clark@metro.us

Thoughts of Bankruptcy?

Struggling with debt? Not getting ahead?
Filing bankruptcy can be your way out of debt

Bankruptcy done right at the right price

Jay Simon, Attorney
718.222.4619
32 Court Street, Suite 805, Bklyn
Change begins with one call

The Law Office of HEATHER GOLDBERG
Always In Your Best Interests
Landlord + Tenant Attorney
◆ Evictions ◆ Security Deposit Returns
◆ Habitability ◆ Lease Violations
(917) 922-2223
www.HeatherGoldbergLaw.com
205 N. 9th Street, Suite 5G, Brooklyn, NY 11211

DIRECTORY

Health & Beauty

To place an ad call Jennifer Clark at 212-457-7834 or email jennifer.clark@metro.us

IMMIGRATION / CRIMINAL DEFENSE

FREE CONSULTATION

Feiner & Lavy, P.C., Attorneys at Law
325 Broadway Suite 401, NY NY 10007
212-571-9200 www.FNLPC.com

עברית, Español, Spanyol Attorney Advertisement

Over 60 Years of Experience
DINERMAN BERGAM & DINERMAN
ACCIDENT?
ALL ACCIDENT CASES HANDLED
Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
150 BROADWAY NYC • (212) 267-7575
Free Consultation ASK FOR MARIA Hablamos Español

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
microdermabrasion massage physical therapy reiki

Accept 1199 aetna unitedhealth care blue cross neighborhood medicare metroplus affinity amerigroup cigna
www.MedicalHolistics.com

115W 30 St. #500B (btwn 6&7 Ave)
212-764-3924
Englewood NJ : 201.944.0985

NICK LAHAM/GETTY IMAGES

▶ Sanchez only threw the ball 18 times, but limited mistakes and had two touchdowns.

Sanchez finds measure of success in win

Mark Sanchez needed this game.

Following four straight weeks where his completion percentage was under 50 percent, the Jets quarterback had the type of game that makes fans think he is the franchise quarterback they envisioned when the team traded up to make him the No. 6 overall pick in the 2009 NFL Draft.

Sanchez's numbers weren't tremendous, finishing 11-of-18 for 82 yards and two touchdowns, but it is a confidence boost coming off his recent struggles.

"We knew it was a big game for us, our last one at home for a couple weeks. That's how we approached it. Have everything in practice happen for us on the field," Sanchez said. "I feel that's how it started. We had a tough one Monday night, a short week, [but] we bounced back."

Ironically, it was the first time since the Jets' 10-9 loss to the Ravens in Week 1 of the 2010 season that Sanchez has thrown for under 100 yards. A large part of Sanchez's success was thanks to an offensive line that provided good protection, giving up just one sack and three quarterback hits.

"We're taking what the defense gives us. You want to be aggressive but you want to be smart, aggressive and I think that's what we did," wide receiver Jason Hill said. "Our running game was wide open because, thankfully so, we rode it to the end."

KRISTIAN DYER
sports@metro.us

What we learned ...

▶ Jets 35, Colts 9

1 Early game woes — If there was one negative from what was a rather complete performance from New York, it was their slow start. For the fourth straight game their opponent scored first. The positive is that they rebounded, limiting the Colts to six points outside of that first drive while the offense scored 21 points in the second quarter to pull away.

2 King of the Hill — The return of rookie wide receiver Stephen Hill from a hamstring injury was a boost for the Jets offense. Hill has a big frame and long stride, making him a downfield target and a presence in the red zone. He proved to be just that in the second quarter, as he shielded his defender and made a 5-yard touchdown catch.

3 Greene means go — For the first time since Week 1, the Jets got their running game going. Shonn Greene finally looked like the "bell cow" back Rex Ryan says he is. Greene rushed for 94 yards in Week 1, but Sunday represented his first 100-yard effort since Week 14 last year. His rushing total Sunday was more than his last three games combined. METRO/KD

48 HOUR PRICE QUOTE

"How much will new replacement windows cost me?"

Renewal by Andersen has a phone line dedicated to that question.

Call our 48 Hour Price Quote line at 800-357-3815, and **we'll provide a quote within 48 hours of your call.** Most other companies take weeks to produce their estimate. Within 48 hours, a Renewal by Andersen Project Manager will precisely measure your home's windows, help you choose your window styles, colors, grilles and hardware, and **then we'll provide a down-to-the-penny price quote that will be good for one full year.** No hidden charges and no more wondering, *"How much will new windows cost?"*

Get a FREE price quote within 48 Hours!
Call 800-357-3815
to schedule your FREE in-home visit

SAVE 20% on windows and installation[1]
WITH
NO MONEY DOWN | NO PAYMENTS | NO INTEREST
FOR 1 WHOLE YEAR[1]
with Instant Product Rewards
Offer expires Oct. 31st, 2012.

We are the replacement window division of Andersen Windows, so everything we build, install, and warrant is held to the same standard of excellence that Andersen has lived by for 109 years. **The Renewal by Andersen window is stronger than vinyl,** lasts longer than fiberglass, and unlike wood, requires virtually no maintenance.*

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

SELL BUILD INSTALL WARRANTY

Call our 48 Hour Price Quote line:
800-357-3815
Findgreatwindows.com/Metro

[1]Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, 20% discount applied by retailer representative at time of contract execution and applies to minimum purchase of 4 or more windows. Offer does not include bay/bow windows or patio doors. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for 20% discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 10/31/12, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit by only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #:43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2012 Andersen Corporation. All rights reserved. ©2012 Lead Surge, LLC. All rights reserved. *See limited warranty for details.

Get PAID to help find a cure!

ZipTrials.us
Powered by metro

Participate in local clinical trials at
www.ZipTrials.us

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFIED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

For Sale

Miscellaneous

-★- WE BUY DIABETIC TEST STRIPS -★-
MAJOR BRANDS
$$$ CASH PAID $$$ 888-415-0796
PICKUPS AVAILABLE

$$ CASH PAID $$
Buying Diabetic Test Strips
Nicotine Patches & Gum
All Day Pickup and Drop off
1-646-400-5270

Furniture

★ALL NEW LEATHER ★ Living Rm Set, Brand New, in Factory Pckg. Original $3000+.Give Away at $799.
★ALL NEW BEDROOM SET ★ Solid wood, cherry finish, in factory pckge. Original $3000+ Steal at $799. Can deliver. 718-499-4499

Jobs

Miscellaneous

PERMAY EMPLOYMENT AGENCY Provides all types of jobs. 6908 Woodside Ave Qns ♦FEE 718-764-6650 / 718-672-9832

Healthcare

Ultrasound, EKG, CPR Course

www.medicalultrasoundschool.com
Core Ikon Institute
Call 917-209-1366

IMMEDIATE
CNA's & LPN's
With LTC experience needed in
THE BRONX, QUEENS & BROOKLYN
IMMEDIATE HIRE!!!!!
OPEN HOUSE
MON 10/15, 9AM-4PM
BROOKLYN
4714 FT HAMILTON PKWY
QUEENS
146-14 35TH AVE
GRT PAY/HEALTH BNFTS
For info & dir. call 718-534-7400
email rebby@fsstaffinginc.com

Healthcare

Access Careers
Brooklyn, NY, 11201
Upgrade to PCT from HHA
*Patient Care Tech
*CNA (Nurse Aide)
*EKG/Phlebotomy
*Medical Billing & Coding
*Pharmacy Technician
*Medical Assistant
*Computer Programming
*A+/MCSE/CCNA
*MS Office/Accounting/CPR
Financial Aid Avail. if qualified
Lowest Tuition Fees in the State
Call : 866-487-5432
25 Elm Pl, # 201, Brooklyn, NY
www.AccessCareers.Edu

JOBS / TRAINING
ACCESS CAREER QUEENS
CNA • Medical Assistant • HHA - Home Health Aide
EKG / PHLE / Pharmacy Tech / ESL / LOANS
Bookkeeping • Quality Analyst • Business Analyst
Solar Technician • Advanced Computer Courses
Call 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY
www.accessqueens.com

Security / Law Enforcement

911 Security - Now Hiring!
Armed / Unarmed.
Call Mr. Green 646-291-0003.

A.A.S. SECURITY- NO EXP NEEDED
Will train. All shifts. Up-to $28.23/hr.
Call toll free 1-800-770-0925 ext. 1

●● A BABY STEP IN SECURITY ●●
Immediate Hire ★ FT/PT $10-$22hr
Corporate Sites/Medical/Retail.
★★ CALL 212-359-9540 ★★
No Experience-No Problem-Will Train ● Financial Aid Available

★★ A BAR NONE SECURITY ★★
No exp/license needed. up to $16/hr. FT/PT. Call HR: 212-470-4239

A Basic Career in New York
12 positions available. Morning/night shifts open. No exp req'd.
Up to $18.25/hr. Call 718-772-8318

A BASIC CAREER IN SECURITY
No experience, license or training needed. Up to $18.50/hr. FT/PT.
Call HR: 212-470-4223

★ A BETTER CAREER IN SECURITY ★
Serious applicants only, up to $19/hr. FT/PT. HR# 212-470-4499

★★★ Able and Ready Guards ★★★
No license needed. FT/PT, up to $18/hr. Call Now! 212-470-5641

A BRIGHT SECURITY JOB
Up to $18/hr FT/PT, no lic needed. No experience nec. Must be avail ASAP.
Call 347-564-1886

★★★ ABSOLUTE GUARDS ★★★
No license needed. FT/PT, up to $19.50/hr. Call Now! 212-470-6046

Security / Law Enforcement

Accurate Protective Services, No experience, No license required, Full Time/Part Time $18/hr.
Call 917-272-8224

ADVANCE GUARDS WANTED
No exp or license nec. Full Time/Part Time. Must be available asap. Call 917-937-1626

A JOB CHANGES EVERYTHING
Need a job? Now conducting interviews. This week only for the largest firms. No exp nec. Call 212-470-2076

ARMED & UNARMED
No exp needed. Immediate hire. All shifts, $13-$22/hr. Contact 347-954-1553 or 646-341-1860

CORP/FRONT DESK AGENT
Must be avail to start asap. No exp nec. Will train. Up to $22.50/hr.
Call 212-470-0323 or 212-470-2015

FRONT DESK GUARDS
Wall St. location, no exp necessary. Pay up to $13.25 p/hour.
Call Lt. Kelly, 347-246-9305

SECURITY GUARDS-IMMEDIATE OPENINGS
★★ APPLY TODAY ★★
GOOD OPPORTUNITY. Competitive rate. NYS SECURITY GUARD LIC PREF. 538 W. 29th St., NYC. 212-629-3131 X222

★ Security Officers
Now hiring All Positions! $8-$20/hr. Interviews Mon-Fri 9-4pm. IPSA, New Yorker Hotel, Ste 816, 34th & 8th

DRIVERS WANTED
Immediate Hire with CDL
Access-A-Ride
All Shifts available
Monthly Attendance/Safety Bonus
Medical plan
Vacation/Personal/Holiday pay
$500 Sign On Bonus
for pre-certified 19A drivers
Apply in Person 94-01 150th Street, Jamaica, Qns M-F 10-2
1 blk to E/J/Z line/Qns buses/LIRR
www.professionaltransit.com

Sales / Marketing

NYSKYRIDE

Independent Ticket Sales Agent HIGH COMMISSION for experience in sales and closing. Work in a fast paced energetic environment 40K-60K annual commission salary. Submit resume to: skyridesales@gmail.com
Call btw 1-5pm 212.299.4915

Transportation / Travel

★ DRIVER ★ BROOKLYN BUS CO. "CP-BP" lic. & BPS endrsmnt req'd. Will sponsor for B.O.E.D cert. Apply: 1 Coffey St., Brooklyn. ☎ 718-852-0286

DRIVER
If you've got the drive, we've got the opportunity.
Seasonal Drivers
Randstad is adding temporary drivers to provide transportation service to FedEx Ground. It's extra cash and a chance to work with an industry leader. You will be supplied with a truck and everything you need to pick up and deliver our customers' packages.
Qualifications:
• 21 years or older
• Motor Vehicle Record* Screening
• Drug screen, background checks, physical required
• Customer Service Skills
• No equipment necessary
• Minimum of six months experience driving a like-sized commercial vehicle within the last three years is required
• One year commercial driving experience strongly preferred
• CDL is not required

* May include DOT roadside inspection history

Go to the following website to apply:
http://bit.ly/driver100

Or come to an OPEN HOUSE
Monday Oct 15 10am-4pm
555 Bergen Ave
Bronx, NY 10455
Tuesday Oct 16 10am-4pm
9 Bond Street, 5th Floor
Brooklyn, NY 11201
Wednesday Oct 17 10am-4pm
168-46 91st Street, 2nd Floor
Jamaica, NY 11432
Randstad

DRIVERS/TRAINEES NEEDED
****Veterans Welcome****
Do you earn less than $700 per week? U.S. Xpress is hiring. Immed entry-level openings avail. No CDL? No problem,training avail.
Call today 347-770-4235

General Help Wanted

NYSKYRIDE

Outside Ticket Sales Agent Aggressive closer wanted. Hourly $8 - $20 Sales experience a must. Tourism knowledge a plus. Submit resume to: skyridesales@gmail.com
Call btw 1-5pm 212.299.4915

A/C - Refrigeration Technician
If you are a highly skilled a/c technician with a solid 5+ years in the field, then this is the job for you. 5-day week, no weekends, paid vacation, medical. We even supply the tools. EOE
Call 347-885-9334 to arrange interview

AUTO TIRE MOUNTER EXP'D
NYS DRIVERS LICENSE
VALLEY STREAM LOC. 516-872-8330

General Help Wanted

Auto Technician
Hiring highly skilled experienced Automotive Technicians. Min. 3 yrs exp is a must.
5-day week, no weekends, paid vacation, medical/dental, and a generous starting salary. We even supply the tools. EOE
Call 347-885-9334 to arrange an interview

BUS MECHANIC HELPER- Exp'd! Must have CDL, BP lic. and have knowl of gas & diesel engines. Apply in person; 303-315 Stagg St., Bklyn.

Construction
Now hiring highly skilled construction pro with at least 3 yrs demonstrated experience in carpentry, plumbing and electric. Experience in all three trades is a must. EOE
Call 347-885-9334 to arrange interview

CUSTOMER SERVICE
Busy Lic'd Home Care Agency in The Bronx is seeking a Bilingual English/Spanish Customer Service Rep. Home Care experience a plus.. Please fax resume to 718-305-6260 or e-mail to: info@h2hhc.com

DIESEL & GASOLINE MECHANICS
School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. ☎ 718-852-0286

Established & Growing Company
FT Immediate Openings
Up to $ 950 week avg. We need Reliable, Ambitious People who want to have an Impact on their Lives & on the Environment.
FULL TRAINING PROVIDED
To set an interview call:
718-210-3642

Green Industry Leader Seeks
14 Motivated Individuals
We offer $18hr/avg rate
Pd wkly + Bonus Opportunities
No Experience Needed
We Train the Right Candidates
Opportunity to Advance
Call: 914-233-0645

OUTDOOR SWEEPERS & CLEANERS
Outdoor locations only. Must have drivers license, own car, ref's. Lower Westchester location. Call 914-834-8778

-PLUMBERS MECHANICS-
MUST be experienced & have Osha card. Fax resume: 718-843-8302.

★ PLUMBERS MECHANIC ★
5-7 yrs exp. jobbing, alterations & heating. Clean & valid NYS driver's license. Call 718-680-0077

WAREHOUSE SUPERVISOR
$15-$20/hr. Depending on exp.
FT POSITION. OPEN INTERVIEWS. M-F, 9am-5pm
HALE & HEARTY SOUPS
422 West 16th St. (Bet. 9th & 10th Aves) Call 212-255-2400 x 2038

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr.
David (212) 563-7500

Training

10A AAAH @ CITY Mon-Sat Pre&Ann 16hrOJT*FireGd*Metal Det*A/Terror SG License Pkg*Pistol Lic Prep $395 212-957-1350*303 W.42 St #610 @8Av

10A at Blue Steel Security. Walk-in. Job Plcmt. 8hr/16hr/Ann/Comp. Sec/LP/CPR/FG/Anti/Met Det/47hr-Armed Gun Lic Srvce/Driving Less. 397 Bridge St. Call 347-463-901

Training

SECURITY GUARD TRAINING
8P SAME DAY $35. 16 OJT $50.
LIC $227. NO SCAMS. 8A $35. FG $40
PH: 347-627-9133. FREE JOB LIST.

Home Health Aide Training
Nurses Aide Training
N.Y.S.E.D. Licensed
Christine Institute
Call: (718) 843-8449

Home Health Aide Training
Nurses Aide Training
N.Y.S.E.D. Licensed
Christine Institute
Call: 718-322-1183 Reg. Only

Medical Assistant
FINANCIAL AID
(if qualified)
917-310-1400
Manhattaninstitute.com
Accredited Institution

CNA, Dialysis Tech Phlebotomy/EKG
347-625-3200 / FREE BROCHURE
www.manhattaninstitute.com

EXTERMINATION/Termite Certification
NYS cert. 6/9 days. Jobs/biz Fin'l aid if qual. 24hr 718-205-0557/800-220-5494

Real Estate/Rent

Apartments

ADEE AVE- Large 2 Bdr newly renovated, nice neighborhood with CCTV,. No pets, credit check, $1475/mth. Call Owner at 718-996-5692.

BEDFORD PK ★ Moshulu Pkwy So, Nr. Park, Garden, Zoo, Trans. Studio $895, 1Br $925. Well Maintd Bldg 1st mo rent free! Agt 718-657-1085

Essex County, New Jersey
APTS FROM $625!
1 MONTH FREE
Gym - Parking - Laundry
973-859-9143 NO FEE
www.MapleGardens.com

FORDHAM★ 2300 SEDGWICK AVE Well maintained rent stabilized bldg. 1BR $995. 1st mo rent free. No Appt. necessary. Call Agent 718-657-1085

Apartments

FORDHAM & BELMONT AREA 1 BR $995/mo. HPD & DHCR Ok. Sec 8 Ok. No fee. Broker ok. Owner 718-601-1483 M-F 9-5pm.

Apartments

Fordham Hill & Yankee Stadium
Elevator - Laundry - Garage
Studios from $925
1 BR's from $1,050
2 BR's from $1,450
3 BR's from $1,999
Call Rental Office 646-291-6529
NO FEE RentTheBronx.com

HUNTS POINT off Garrison Ave Well maintained rent stabilized bldg 1st mo rent free 2br $1,115/mo. 3 br $1,274/mo. Agt. 718-657-1085

North East Bx Beautiful & Spacious ★ 1, 2 & 3 BR's Available Now ★ Affordable Rents. All programs OK. All Programs Inc. 718-247-9863

Southern Bronx Locations Immediate
Studio, 1, 2 & 3 BR Apts. Newly Renov Units, Lge Open Flr Space. $822/mo & up. Owner 718-620-1345

Bed Stuy & All Areas Spacious ★ 1, 2, & 3 BR's Available Now ★ Affordable Rents. All programs OK. All Programs Inc. 718-247-9863

Canarsie ★ 1, 2 & 3 Brs ★ $1100-$1500
Nr Shops & Transp.
JOHNSON REALTY 718-209-7005

DITMAS PK/FLATBUSH E. 21st St.
Newly Renov X-Lge 3 BR, $1800/mo
New Appls, nr Sbwy. Bkr 718-498-3200

EAST FLATBUSH Ave H & 32nd St 1 blk off Flatbush Nr shops/trans, Stu. $975 Well maint rent stab'd bldg 1st ½ mo rent free. Agt 718-657-1085

EAST FLATBUSH Ave H & 34th St 1 blk off Flatbush Near shops, trans, 1br $1250 Well maint' rent stabd bldg 1st ½ mo rent free. Agt 718-657-1085

EAST NEW YORK - Renovated 2 bdr in a quiet 2 family, luxury/carpet + ceramic tiles. $1150/mth, one mth & two mths sec. call owner 718-949-1122

E. NY ★ Four 1 Bdrm Apts $1000 ea
E. FLATBUSH ★ 2 Bdrm $1300
Cndt/Refs Ck. Agt Janet 347-756-8291
UNIQUE HOMES 718-941-1390

ENY- Linden off Rogers. Near shops, trans, 1 BR $1025/mo. Well maintained rent stabilized bldg 1st mo Rent Free. Call Agent 718-657-1085

ENY- Pennsylvania Ave. Btw. Interboro Pkwy & Atlantic. Well maintd, rent stabl. bldg. Nr trans. 2br $1225. 1st. ½ mo rent free. Agt 718-657-1085

FLATBUSH: E. 26th ST, 1 Block off Flatbush Ave. Studio $775. Well maintained rent stabilized bldg. 1st mo rent free. Call Agent 718-657-1085

Marine Park - 1 Br Apt.....$1150/mo
Brownsville - 2 Br Apt.....$1295/mo
Canarsie - 2 Br Apt.....$1400/mo
E. Flatbush - 2 Br Apt.....$1450/mo
E. NY - 2 Br Apt.....$1350/mo
Canarsie - 3 Br Apt.....$1700/mo
E. NY - 3 Br Apt.....$1650/mo
Near all conveniences. Refs Req'd.
BROKER 347-595-2001/718-859-0800

★RUGBY★ E. 58th St & Snyder Ave. 1 Block off Kings Hwy, well maint'd rent stabil. bldg. 2 br $1325. 1st ½ mo rent free. Agt 718-657-1085.

ASTORIA ★ Newly Renov 2 Bdrm Apt
Nr Shops & Tranps. Credit Ck Req'd.
JOHNSON REALTY 718-209-7005

♥ CAMBRIA HEIGHTS ♥
1 Br Bsmt Apt. No Pets. Non-Smoker. Near All. $1000/Mo. Owner 718-723-8298, 347-742-4582

FAR ROCKAWAY- BAYSWATER
Grdn style apts quiet resid'l area Nr shops, trans, beach. Rent stabd Spac, newly renov kit, 1 BR $1025. 1st mo rent free. Agt 718-657-1085

Apartments

FAR ROCK *SPECIAL* $50-$1250
13-18 Dickens St, 22-40 Mott Ave 1br & 2 br. Spac garden bldg. Park avail, Crdt chk. Nr shop/A train. Mgmt 718-520-2600; 347-965-2148; 347-855-0612 Visit Mon-Sat

FLUSHING 158th St.
Fully Renov 1 Bdrm Apt on 2nd Flr in Walk-up bldg, $1200/mo. Principals Only. Owner 718-359-3564 / 718-575-9600

JAMAICA: HILLSIDE AVE
1 BR $1200; 2BR $1395 Hdwd flr, renov kit. Rent stabilized garden comp, laundry facility. 1st 1/2 mo rent free Agt 718-657-1085

Jamaica/S. Ozone Pk - Lovely 2 Br in 2 fam, 1st flr, own entr, full ba, lge LR, EIK, $1350/mo + 2 mo sec. No Smoking/No Pets. Owner 718-641-6543

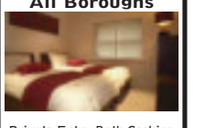
ROSEDALE 3 BR APT
1st flr. Newly renovated Kitchen. Hdwd flrs. Mstr BR ½ bth. $1400. 1 month sec. Call owner 917-554-6741

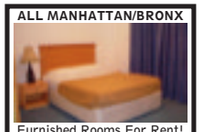
BRONX
1 BEDROOM APTS, Starting at $925
Transp. near by.
Call 212-752-2670
After 5pm Sat., Call 718-644-4098.

QUEENS
STUDIO and 1 BEDROOM APTS.
Near Transportation
Call 212-752-2670
from 9am-5pm.

DISCOVER
PARKCHESTER
WHERE PEOPLE LOVE TO LIVE!
1 & 2 BR RENTAL APTS
NO OR LOW FEE - IMMEDIATE OCCUPANCY
1 BR's STARTING AT ONLY $985 per mo
ONE HALF MONTH FREE RENT ON 1BR's
ON 2 YEARS LEASE IF YOU SIGN BY OCT 31
SPACIOUS 2 BRs $1325 per mo AS LOW AS
On site shopping, restaurants, offices, over a movie theatre. 30 minutes to midtown via #6 subway or express bus.
SEE MODEL APTS & PREMIER APTS AT OPEN HOUSE:
TUES & THURS 1PM-7:15PM
SAT 10AM-1:45PM
APPLY ONLINE TODAY
or schedule an appt for an Open House visit
718-412-4686
www.parkchesternyc.com

Rooms

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up
room rentals 212-697-3962

ALL MANHATTAN/BRONX

Furnished Rooms For Rent! Cable/Internet Ready! Move In today! All Utilities Inc.! Just $125/wk! Call us today:
212-368-2685

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Apartments

Apartments

Apartment Rental Building Extravaganza

No Fee * No Fee * No Fee

Bronx / Brooklyn

Immediate Occupancy (1/2 month's Free) on All Studios
1, 2, 3, Bedrooms

Fully Renovated:
Upgraded Kit / Bathrooms,
Hard Wood Floors, New Appliances, Freshly Painted

(24 hr Approval)

Must Meet Income Requirements

FOR VIEWING PLEASE CONTACT **347-413-2911**

24 hr. Security Surveillance On-Site Superintendent

Commercial

★ STORES/OFFICES FOR RENT ★
White Plains Rd ..... 705 sq. ft. $2100.
Boston Road..... 879 sq. ft. $2110.
White Plains Rd ....1600 sq. ft. $4763.
Several to choose from!
★ CALL BROKER @ 917-674-7819 ★

BED-STUY - CROWN HTS
Schenectady & Sterling Pl
460sf, plus bsmnt, clean & ready.
$900/mo. Brokers OK. No fee. Owner
Call Mon-Fri, 9am-5pm 718-601-1483

Condos

HARLEM ★ 1 Bdrm Condo ★ $425K
Elev Bldg. Needs TLC.
JOHNSON REALTY 718-209-7005

metroclassifieds
to place an ad call
866-900-9473
or visit us at
www.metro.us

★ 182nd & FORDHAM RD ★
Lrg Furn Rm, clean, quiet, nr all
Non-Smoker. Refs req'd. Male pref.
Owner 917-741-0579 / 347-449-5493

Moshulu Pkwy & Grand Conc Vic
Nr D & 4 Sbwy. Furn'd rm. $140/wk,
2 wks sec. Ref's req'd. Available
Immediately! Owner 718-655-6028

BEAUT HOTEL★FREE BREAKFAST/LUNCH
w/JACUZZI's from $75-$95 per night
★ 315 93rd St. Bay Ridge 718-748-8995

Legal Notices

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, October 24, 2012 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Marlow, Inc. to continue to, maintain, and operate an unenclosed sidewalk café at 85 Broadway in the Borough of Brooklyn for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

Rooms

Affordable Furnished Rooms in Manhattan

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
$125 per week
Call 212-862-0457

Real Estate/Sale

PUBLISHERS NOTE
All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Miscellaneous

Delaware Co., 13 acres w/1 rm cabin. Open & wooded. Road frontage on county hwy. Priced right at $36,900. Owner finance $6000 down. $581/mo. Call Bill Hunt, Sidney, NY 607 563-1993

Homes

PELHAM GDNS ULTRA MODERN
1 Family brk, fin bsmt, 3 BR's, 2.5 bths, excellent cond. Only 3.5% dn. Champion R.E. 914-237-2247

WHEELER AVE Newly Renov 2 Fam, Brick, 2 / 3 Bdrms, New Kit, S/S Appls, New H/W/H, Granit Counters. Owner 917-579-2612

CANARSIE 2 FAMILY Stucco Det Fully renovated 3/2 Br's, 3 full bths, fin bsmt, dwy. Near all. Call owner Danny 917-776-3207

East New York Open House Sat & Sun, 12-4, New Construction 2 fam brk, 3/3, fin bsmt, 5 bths, drwy, gar. ★ Owner 646-431-0105, 718-740-5222 ★

ASTORIA $310,000
2 family brick 3/3 driveway 2 full baths full finish bsmnt. Call Maybell 718-300-7057 Hablamos Espaol

Hollis Great Location! Fully renov 1 fam det 40x100, One of a kind! 4 brs, 2.5 bths, great loc. 2 car gar, pvt drvwy. Owner motivated, 347-416-4574

Real Estate Wanted

I Buy Houses CASH!
Quick Sale – Fair Price
914-237-1418

Pets

Cavalier King Charles Pups Vet Checked, Micro-chipped Blenheim Health Guaranteed, $1500 older pup $1200 508-399-7877

♥ MALTESE PUPPIES ♥ Adorable Toy & Teacup sizes. Call 718-259-2295

★★★ ROTTWEILER PUPS ★★★ GERMAN CHAMPION BLOODLINES. AKC REG. VET CHECKED. Owner 917-832-5584

ROTTWEILER PUPS MUST SEE! Males & Females, 6 wks old, Huge Parents on premises. Owner 347-538-1442

♥ YORKIE PUPPIES FOR SALE ♥ Toy & Teacup sizes. Call: 718-259-2295

♥ CATS ♥ Two Handsome Brothers Love each other, Neutered Also Beautiful 3 year old Female, spayed needs special loving home. 516-307-6004 or 718-648-4626

Services

Health & Beauty

?External Pain?
Holistic & Realistic
Topical Application
NPR 631-830-4331

Lessons

ETL TUTORING
20% OFF NOW!

www.Enrichingtheirlives.webs.com 917.826.3642

Business Opportunities

Business Opportunities

Lose Weight & Make Money & Help Others Do the Same

PerfectBodyForLife.com
ViSalusOverView.com
Call: 917-882-3136

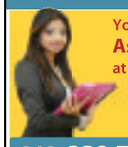
Business Connections

Need Biz Buzz ? Ask the experts

Start-Up Conference & Networking @ Times Square
graham365@ hotmail.com
917-279-3815 $20 & a
FREE Beer 6pm TONIGHT

Career Training

Now is the time...



You Still Can Obtain Your
Associate's Degrees and GED
at the same time

Associate's Degrees:
- Accounting
- Business Management
- Office Technology

(212) 226-7300 CLASSES BEGIN NOVEMBER 7

NEW CAREER READY PROGRAMS
- Hospitality Management
- Office Specialist/ Security Management
- Customer Service Relationship Management
- Business Interpreting
- Administrative Office Specialist
- Business Accounting Specialist

you could finish in 8 Months

Federal & State Financial Aid Available, If You Qualify!

PROFESSIONAL BUSINESS COLLEGE 408 BROADWAY 2nd FL. NEW YORK NY 10013
Certificate Program Info. At www.pbcny.edu

Open Up Your Career Prospects at the NYCI Open House

Wednesday, October 17th
11:30AM & 5:30PM

Court Reporting (CART & Closed Captioning)
Paralegal • Medical Office Specialist

Call 1-866-362-8824 • nyci.edu

Day & Evening Classes • Degree & Certificate Programs

NYCI NEW YORK CAREER INSTITUTE
The College of Legal and Medical Professions.

11 Park Place, NYC (across from City Hall)
For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.nyci.edu

FREE ONLINE CAREER ASSESSMENT

Discover the careers & programs that fit your interests & lifestyle!

tcicollege.edu/careertest

HEALTHY BABY?
You could help provide info to doctors and expecting parents. Learn to take ULTRASOUND images by training in DIAGNOSTIC MEDICAL SONOGRAPHY
You could also help doctors detect injuries and illness!
866-942-6444 • Sanford-Brown Institute
Garden City, NY • New York, NY
White Plains, NY
Licensed by the New York State Education Department, Programs vary by location
sanfordbrown.edu

You CAN do it! Change your life!
Train in the field of Pharmacy Technology
A simple phone call could change your life.
866-942-6444
Sanford-Brown Institute
Garden City, NY • New York, NY
Licensed by the New York State Education Department
Programs vary by location
sanfordbrown.edu

metroclassifieds
to place an ad call **866-900-9473**
or visit us at www.metro.us

Ben Detwiler hoped to make the world a better place.
That hope died when he was killed by a drunk driver.

What should you do to stop a friend from driving drunk?
Whatever you have to.
Friends don't let friends drive drunk.

U.S Department of Transportation

You Drink & Drive YOU LOSE

Ad Council

90 mins. to NYC! – Most Popular Poconos Builder! Come see why!

Why Rent?

Get the best home selections in the Poconos –

PLUS -- $5,000 cash back at closing!

THE MILLBURN

3 OR 4 BEDROOMS / 2.5 BATHS / LIVING ROOM / DINING ROOM / CENTRAL AIR &HEAT/ COMPLETE APPLIANCE PACKAGE / DECK / FIREPLACE / FRONT PORCH / 1 CAR GARAGE / TURN KEY READY

$6,808 DOWN PAYMENT

$1,469 MO. PAYS ALL! INCLUDING PRINCIPAL, INTEREST, TAXES AND INSURANCE

NOW $194,500

2,293 SQ FT. • COVERED FRONT PORCH.

4 LARGE BEDROOMS / 2.5 BATHS / FAMILY ROOM / DINING ROOM / CENTRAL AIR & HEAT / JETTED TUB C0MPLETE APPLIANCE PACKAGE / DECK / STONE TOWER / FIREPLACE / OVERSIZE 1 CAR GARAGE / TURN KEY READY

$7,000 DOWN PAYMENT

$1,493 MO. PAYS ALL! INCLUDING PRINCIPAL, INTEREST, TAXES AND INSURANCE

NOW $199,900

2,681 SQ. FT. • LARGE OPEN FOYER

THE COUNTRY HOME

THE HERITAGE

4 LARGE BEDROOMS WITH VAULTED CEILINGED MASTER SUITE • MASTER BATH W/ JETTED TUB AND 3 X 4 STANDALONE SHOWER • 2½ BATHS • FORMAL LIVING AND DINING RMS • FAMILY RM W/ FIREPLACE • BREAKFAST NOOK • CLASSIC STONE-FRONT TOWER • 2 CAR GARAGE • REAR SUN DECK

$12,500 DOWN PAYMENT

$1,855 MO. PAYS ALL! INCLUDING PRINCIPAL, INTEREST, TAXES AND INSURANCE

NOW $283,500

3,422 SQ. FT. • CLASSIC COLONIAL STONE TOWER

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour)

Call toll free

1-800-276-4000

CLASSIC QUALITY HOMES

Visit our all-new website:

www.classicqualityhomes.com

* $MONTHLY PAYMENTS BASED ON 30 YEAR FIXED RATE MORTGAGE AT 3.75%.

BBB ACCREDITED BUSINESS

Member Better Business Bureau-NE and Central PA